



CRAWFORD COUNTY AVALANCHE



Tennis 2B

Publishing in Grayling since 1879

Site for gas well approved

by Susan Warrington
Staff Writer

On May 7, the director of the Michigan Department of Natural Resources decided to change the surface development status of a parcel of state owned land near the Mason Tract, partially clearing the way for the drilling of a gas well there.

Savoy Energy, based in Traverse City, acquired the lease on property near the Mason Tract in 1999 through a sale by the Bureau of Land Management.

When Savoy finally decided to drill an exploratory well on the site, many people across the state objected to its proximity to the Mason Tract and the South Branch of the AuSable River.

Responding to the public, Savoy then proposed three alternate drilling sites and moved their processing site further away from the river.

The site that was most acceptable to the opponents of the well, as well as the U.S. Forest Service who does the environmental study, is owned by the state and designated no surface development because of its proximity to the river.

Had the DNR not decided to reclassify the site, one of the sites closer to the river would have been selected.

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See "SITE FOR GAS..."

Exercise can be fun

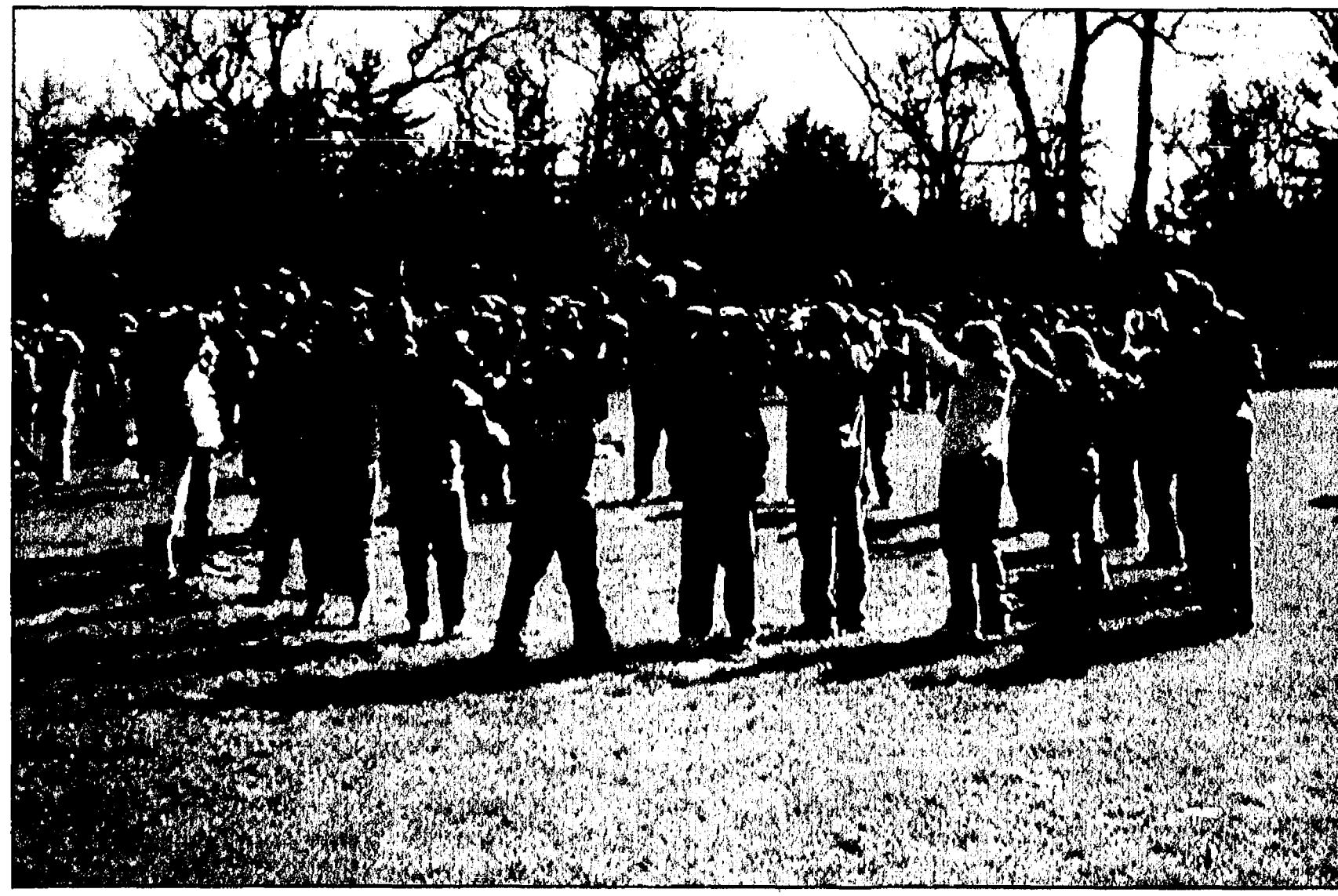


Photo by Susan Warrington

Over 800 kindergartners through fifth graders at AuSable Primary and Grayling Elementary schools participated in All Children Exercising Simultaneously (ACES) last Wednesday. The students and their teachers had a chance to dance to tunes such as the Macarena, YMCA, the Hokey Pokey and the Chicken Dance which were being broadcast live by WUPS. ACES, a global event held on the first Wednesday of May at 10 a.m. local time, is a celebration of physical fitness and being active.

Primary candidates to be listed next week

Candidates for county and township offices had until Tuesday, May 11 at 4 p.m. to file nominating petitions to be included on the August 3 primary election ballot. Due to this

newspaper's deadlines, a complete list of local candidates for county and township offices will be published in next week's edition of the *Crawford County Avalanche*.

Because candidates have until Friday, May 14 at 5 p.m. to withdraw from the election, the list will not be officially finalized until that date.

Canvasback makes a rare appearance

by Cheryll Ruley
Staff Writer

Perhaps on its way back from San Francisco Bay to Whitefish Point in the Upper Peninsula, a male Canvasback duck was spotted last month paddling the waters of the AuSable River.

City Councilwoman Kim McClain alerted the *Avalanche* staff of the sighting behind the Crawford County Title Insurance Agency and attempts were made to get a good, clear photograph of the waterfowl, to no avail. The duck kept paddling away, turning its back to the camera as if to protect his privacy.

Fortunately, McClain was able to capture the duck on film and requested the photo be shared with *Avalanche* readers. This particular species frequents the deeper waters of large lakes and bay as it can dive to depths of 10 to 30 feet, so spotting the Canvasback in such shallow waters, so close to a shoreline, was a rare treat.

The Canvasback, considered a very rare breeder, is distinct in its physical appearance. The male of the species has a back that appears to be made of white canvas, unlike other species that are highly decorated with iridescent colored feathers. Its mahogany red colored head and red eyes create a beautiful contrast to its



Photo courtesy of Kim McClain

A male Canvasback duck paddles AuSable River waters on a recent visit.

white back.

Canvasback ducks feed on roots, tubers, and bulrush seeds, but its favorite meal is wild celery, abundant in southeastern Michigan where flocks of 10,000 or more of the species are known to re-fuel during spring migration. Some of the species are known to winter there as well. There was no sign of other Canvasbacks the day McClain took the photo.

Besides San Francisco Bay, the Canvasbacks enjoy wintering in Chesapeake Bay, the Mississippi Delta region and its Gulf coast and interior Mexico. Other than Whitefish Point, during warmer months in Michigan, the species can be sighted in Anchor Bay on Lake St. Clair, the lower Detroit River, Pointe Mouillee, and the Muskegon Wastewater System.

Motorists: be sure to buckle up!



Photo courtesy of the Crawford County Sheriff's Office

Crawford County Sheriff Kirk Wakefield, Michigan State Police Sgt. Bob Green and Grayling City Police Chief Karl Schreiner advise motorists in Crawford County and the City of Grayling that safety belt enforcement zones will help them crack down on unbuckled motorists throughout the Memorial Day holiday period.

Crawford County Sheriff Kirk Wakefield is warning motorists in Crawford County to buckle up or be prepared to pay up to \$65 as his officers and other members of law enforcement crack down on unbuckled motorists throughout the Memorial Day holiday period.

"Michigan is striving to reach 90 percent safety belt use in 2004 and the Crawford

County Sheriff's Office will be conducting safety belt enforcement this Memorial Day holiday period to help make that happen," said Sheriff Wakefield.

Wakefield's office is joining more than 500 Michigan law enforcement agencies in a crackdown on unbuckled motorists as part of the national "Click It or Ticket" mobilization, May 24 through June 6.

During this enforcement period, the Crawford County Sheriff's Office, Grayling City Police and Michigan State Police will be setting up enforcement zones, which will be specifically targeting those drivers not wearing seat belts.

The state's mandatory safety belt law requires the driver and front seat passengers to be

Continued on Page 3A

See "MOTORISTS..."

Campaign begins to renew 911 surcharge

by Cheryll Ruley
Staff Writer

The Emergency 911 Renewal Committee has begun work on a campaign to garner support from Crawford County voters to continue funding 911 Central Dispatch for another four years through a surcharge approved by the voters in 2000. Without renewal by the voters, the future of 911 services is uncertain.

"We need to stress this is a renewal of an existing surcharge on your telephone bill, and not an additional charge," said veteran dispatcher Mike Shearer. "Continued support through the surcharge will maintain the current level of service, or better, for the next four years."

Funding of operations of the dispatch center prior to October 1, 2000 came from the county's general fund and a 4-percent surcharge on each telephone line. As the county faced reduced revenues, each department faced budget cuts and the possibility of losing the local 911 service became a pressing issue. Passage of the surcharge proposal, due to expire this year, has provided uninterrupted and certain funding for 911.

Since its original passage, revenues from the surcharge have allowed for the hiring of an Continued on Page 2A

See "CAMPAIGN..."

Buy a poppy, support veterans



MAKE A DIFFERENCE

The ladies of the American Legion Auxiliary will be out in the community asking for donations, May 13-15.

In exchange for a donation, the ladies will issue one of their famous red poppies, made by disabled servicemen and women.

All contributions from the Poppy Day sales will go directly to aid war veterans or members of their families.

Displaying one of these special flowers, from either your rearview mirror or lapel, shows your appreciation for all who have served in the military and those serving today.

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Crawford County Avalanche

Vol 426 - No. 20, 28 PAGES, 2 SECTIONS

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May 14 - 18

New York Minute - PG (8)
Starring - Ashley Olsen & Mary-Kate Olsen
Nightly @ 7:10 & 9:30 p.m.
Sat - Sun @ 2:10 & 4:10 p.m.

13 Going On 30 - PG-13
Starring - Jennifer Garner
Nightly @ 7:05 & 9:05 p.m.
Sat - Sun @ 2:10 & 4:10 p.m.

Van Helsing - PG-13
Starring - Hugh Jackman & Richard Roxburgh
Nightly @ 7:00 & 9:25 p.m.
Sat - Sun @ 1:50 & 4:10 p.m.

Man On Fire - R
Starring - Denzel Washington
Nightly @ 7:00 & 9:35 p.m.
Sat - Sun @ 2:30

Mean Girls - PG-13
Starring - Lindsay Lohan & Lacey Chabert
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Fri & Sat @ 2:00 & 4:00

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Voices - Mike Myers & Cameron Diaz
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Matinee • All Seats \$5.00

Campaign begins to renew 911 surcharge

Continued from Page 1A
additional full time dispatcher to ensure two dispatchers are on duty between the hours of 2 p.m. and 2 a.m. when dispatch is the busiest.

The independent funding also provided much needed equipment upgrades and renovation of the dispatch center. The upgrades included technology to determine the location of a call for help dialed from a cellular phone. The renovation project created a quieter, more professional dispatch center located in its own room where distractions during regular business hours have been cut to a minimum.

The public has grown accustomed to dialing just three digits to receive help in an emergency. Six fire departments, four police agencies and four emergency medical service providers are dispatched through the Crawford County 911 Central Dispatch, manned 24-hours-a-day, seven-days-a-week and providing full time employment for eight local citizens.

"The dispatchers here know this county better than anyone," Shearer said. "The county com-

missioners talked about the possibility of contracting the service out to another county as an option, but that would have meant having dispatchers who weren't familiar with all the nooks and crannies in our county. And it would have still been very costly to the county."

"Without 911 dispatch, local citizens - especially children - would have to learn all the local emergency telephone numbers all over again," said 911 Dispatch and Emergency Management Director Larry Akers.

"Who would they call? What number would they call?" asked Shearer. "I'll bet most people don't know or remember the direct-dial numbers anymore for their fire department or law enforcement. We have all grown dependent on 911 and that's how our kids are trained in an emergency - Dial 911!"

In an average year, dispatch-

ers answer over 8,200 calls for help or assistance. Shearer said Central Dispatch is also responsible for issuing about 180 new addresses and about 18 new road names each year in the county.

In 2000, the voters agreed 911 services were important enough to be funded by a telephone surcharge higher than the 4-percent allowed by law without a vote of the people. The dispatch budget has since stood alone, independent of the county's budget and immune from budget cuts. This year, voters will be asked to renew the same surcharge proposal for funding through September 30, 2008.

The law allows the surcharge proposal to be presented every five years, but Akers said letting the vote fall during a regularly scheduled election saves the taxpayers the cost of a special election, at least \$5,000.

In 2004, the surcharge

amounts to \$3.07 on every telephone line in the county or 17-percent of the highest single line phone charge in the county. The 2004 proposal would cap the amount at \$3.20, although the county could have approved up to a 20-percent surcharge.

Currently, 911 Central Dispatch operates on an annual budget of \$416,250. Besides the \$350,000 provided by the telephone surcharge, another \$50,000 - \$60,000 is received from cellular phone surcharge revenues and contributions from local governments for equipment and its maintenance.

The renewal campaign committee is looking for help to get the word out about the need to continue the telephone surcharge funding.

Akers said the committee does not want to threaten the public with the loss of 911 services if the proposal is not renewed, but he said, "I really

don't know what would happen without it. We get no money from the county's general fund and I don't think the commissioners could pick us back up again as part of the county's budget."

The campaign committee has limited its budget to \$1,000. In 2000, only \$850 in campaign funds was spent promoting the issue to its successful passage. Anyone who would like to make a monetary donation to the campaign fund may send a check or money order payable to Emergency 911 Renewal Committee, and mail in care of: Larry Akers, P.O. 385, Grayling, MI 49738.

Those interested in working with the committee is encouraged to attend its meetings scheduled for the last Wednesday of each month at the county building at 5 p.m. The next meeting is scheduled for May 26.

Fortier enters race for 106th District seat

Rich Fortier, small business owner, father of three, husband of 37 years and U.S. Navy Veteran, announced May 5 he is running for the Michigan

Legislature.

Fortier will seek the Republican nomination for the 106th District in the August 3 Primary election. The district consists of Alpena, Presque Isle, Crawford, Oscoda, Alcona and Montmorency counties.

"Northern Michigan is really hurting for jobs right now," Fortier said. "I believe my experience as a small business owner will allow me to improve northern Michigan's employment climate."

Fortier has a long history of success in business. In addition to operating Fortier Electric for the last 30 years, he was acknowledged in the *Wall Street Journal* as Michigan's 2001 Businessman of the Year for his leadership and entrepreneurship in the business community pre-

sented by the Republican Congressional Committee.

He received a Governor's appointment to Michigan's Higher Education Assistance and Higher Education Student Loan Authority and has been active in the policy decisions for Michigan's higher education system.

Fortier looks forward to contributing northeast Michigan's values on other important issues in the state.

"I want to protect our Second Amendment rights, the rights of the unborn and make sure marriage consists of one man and one woman," said Fortier. "Once

elected, with the grace of God, we can work to pass on to our children and grandchildren the same safe, friendly, prosperous and pristine northern Michigan that our parents passed on to us."

Fortier is very active in his community where he currently serves as President of the Alpena County Optimist Club. He also is a member of the Hubbard Lake Lions, Knights of Columbus, National Rifle Association, Alpena Walleye Club and St. Catherine Church, where he serves as a Eucharistic Minister.

Fortier and his wife, Elaine, have three children and three grandchildren.

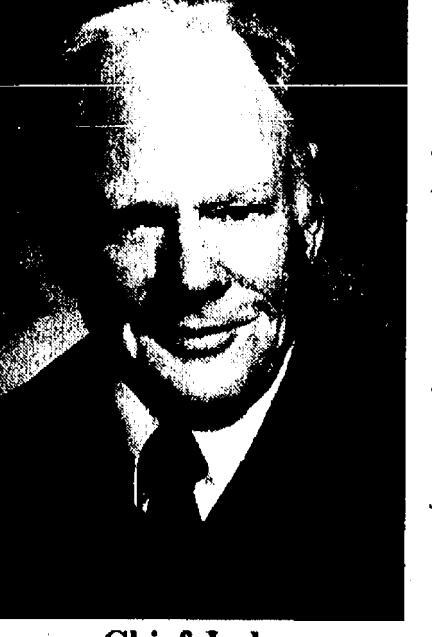
Davis seeks another term

The Honorable Alton T. Davis will seek another term as a 46th Circuit Trial Court judge. Currently serving as Chief Judge of the Court. He faces no opposition on the nonpartisan portion of the August 3 primary ballot.

He was designated as Chief Judge of a demonstration project court by the Michigan Supreme Court in 1996, and has continued in that capacity to the present time. Davis oversees, and is ultimately responsible for, the operation, administration and budget of the unified 46th Circuit Trial Court which serves Crawford, Kalkaska and Otsego Counties.

Judge Davis was first elected to the bench in 1984. Since that time, he has served 16 years as Chief Judge of his Circuit.

Davis was recently elected by his colleagues as President of the Michigan Judges Association for



Chief Judge
Alton T. Davis

46th Circuit Trial Court

the 2004 calendar year. This term of office coincides with Judge Davis' 20th year on the Circuit Court Trial Bench.

Incumbent KCC Trustee must run as write-in

Incumbent Kirtland Board Trustee Patricia Webb, of Roscommon, must run for re-election as a write-in candidate due to a dating technicality on several of the nominating petitions circulated, officials of the college said.

She is one of two incumbents among seven candidates to vie for three seats in the June 14 election.

Confirmed candidates to appear on the ballot will include: incumbent Jan K. Farmer of Rose City; former Kirtland deans Paul L. Durbin and Richard Silverman of Roscommon; Louis J. Baker and Detmar H. Finke of Grayling; and Robert L. Werle of Roscommon.

Terms are for six years.

Deadline nears to register for school election

by Cheryll Rulley
Staff Writer

Residents living in the Crawford AuSable School District - including some residents in Otsego and Kalkaska Counties - who plan to vote in the upcoming annual school election, June 14, have only a few days left to register to vote, if not already registered.

Up for election next month is one seat on the Crawford AuSable School District's Board

of Education, as well as seats on the COOR Intermediate School District's Board of Education and Kirtland Community College's Board of Trustees.

The last day to register to be eligible to cast a ballot on June 14 is Monday, May 17 before 5 p.m.

To register to vote in this election and all future elections, visit any Secretary of State branch office, or your city or township clerk's office.

2004 Golden Apple Award Winner Mr. Butch Hayes

Mr. Butch Hayes, is a science teacher at Grayling High School, and is our "Newspapers in Education" 2004 Golden Apple Award Winner!

Mr. Butch Hayes was nominated by a student currently enrolled in one of his classes. Danielle Lighthall said in her entry: "Mr. Hayes is the best teacher. He is outgoing, he helps kids when they need it, and makes you laugh when you are in a bad mood. He tells you one time, and you understand what he is teaching. He is just a great teacher, even if he is retiring this year. He will be missed."

For her winning entry, Danielle received \$50 and had the honor of presenting Mr. Hayes with a special framed certificate at Grayling High School on Wednesday, May 5, 2004.

Upon receiving the award, Mr. Hayes said, "This is awesome. It is great to know the kids think so highly of my work. We have a great student body here, they work hard. It is great to have their respect."

Mr. Hayes retires this year after 31 years of teaching locally. He is a 1969 graduate of Grayling High School.

2004 Golden Apple Award Winner Mr. Butch Hayes with the student he inspired, Danielle Lighthall.

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Warblers back home in time for festival

The Kirtland's warblers have arrived back in Michigan from their winter home in the Bahamas – just in time for the two-day festival that celebrates their remarkable come-back from near extinction.

The Kirtland's Warbler Festival, sponsored by Kirtland Community College in Roscommon – the college that took its name from the bird – is this Saturday and Sunday, May 15-16.

"I heard three this morning and saw one at a distance," Jerry Weinrich, of West Branch, the retired Michigan Department of Natural Resources wildlife biologist said Monday, May 10. He has been in the jack pine forests around Ogemaw County for a week, looking for the bird.

The earliest he has seen the Kirtland's warbler return to Michigan is May 2; the latest, May 12.

"They're fairly late this year, primarily because of the weather," Weinrich said. However, he is confident the birds will be back in good numbers by the weekend, when thousands are expected at Kirtland for the annual festival.

Chris Mensing, of the U.S. Fish and Wildlife Service in East Lansing, also reported seeing the rare bird on Monday.

"One male Kirtland's warbler was sighted this morning in the Bald Hill/Stephan

Bridge burn area," Mensing said. "He wasn't staying in one spot for long, moving from tree to tree. But he was singing the whole time."

And that's what brings birders from around the world to northern Michigan. Because the males are singing, seeking a mate for breeding, the birds are easy to find here. In the Bahamas, they aren't singing and therefore are much more difficult to locate.

Last year the college took nearly 400 people into the jack pines for an opportunity to see the Kirtland's warbler. The tours have become so popular that the college added a second day of tours this year.

Tours depart at 7 a.m. and 8 a.m. on Saturday and Sunday. Most of the regular festival activities – including all nature and birding presentations and all children's activities – will take place on Saturday.

Besides the tours on Sunday, festival goers can visit the nature-oriented crafters as well as the agency displays in the Student Center.

Breakfast and lunch are available on Saturday. A pancake breakfast will be served on Sunday.

For more information on the Kirtland's Warbler Festival, call (989) 275-5000, ext. 266, or visit the festival's web site at: <http://warbler.kirtland.edu/>.

C.H.A.M.P.S.' celebrity softball game June 12

► 2nd annual event continues fundraising for Eagles, Sheriff

C.H.A.M.P.S. (Citizens Helping Acquire Money for Policing Services), formerly known as Citizens for Crawford County Law Enforcement, and the Grayling Eagles, are busy getting everything in order for this year's 9 & 10 News Celebrity Softball Game scheduled for June 12.

Scheer Motors of Grayling has donated a 1997 Oldsmobile Silhouette mini-van as the Grand Prize in the event's "Drive It Outta the Park" raffle. This is the cornerstone of the day's raffles, which will include a 50/50 cash raffle during the game and several items available in a bucket raffle.

C.H.A.M.P.S. Chairman, Harry Timmons, explained, "Scheer Motors was the first to come on board with us this year and we are so fortunate to have their support. The mini-van is an incredible addition to our fundraising efforts."

Dealership owner Brad Scheer will pick the winning ticket immediately following the close of the softball game at the Crawford County Fairgrounds, where the event will be held.

There will be a maximum of 1,000 tickets sold for the mini-

van raffle and they are now on sale for \$5 each and can be obtained from anyone associated with the Grayling Eagles or C.H.A.M.P.S. Several area merchants will have them available. Anyone with difficulty finding tickets for sale may contact C.H.A.M.P.S. at 348-6348.

Bucket raffle items will include a full computer system and a pair of youth bicycles. As with last year's game, there will be plenty of things for the kids, such as free balloons, a coloring contest, face painting, and free candy/goody bags (while they last).

Cindy Lou's Zoo will be on hand with several of her favorite traveling companions. They are planning to have a variety of unique animals for the kids to view. Personal Ponies from Roscommon will also be at the game for the kids to enjoy.

For more information about this year's game, look for the event's Program Guide in the community throughout the coming week. It's filled with information on what to expect at the game, advertising from supporters and even a scorecard to keep track of the Crawford Cruisers' march to victory as they try to "even the score" against the 9 & 10 News All Stars.

Everyone is encouraged to attend this year's game on Saturday, June 12. "It will be a

break between all the graduation parties and a fun way to kick off your summer vacation," Timmons said.

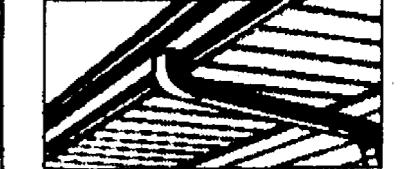
Opening ceremonies start at 1:30 p.m. at the fairgrounds. All proceeds will benefit the Grayling Eagles Aerie #3465 and the Crawford County Sheriff's Office.

Anyone interested in volunteering to help or would like to make a donation, contact Chairman Timmons at 348-6348 or the Eagles at 348-5287.

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SPOTLIGHT YOUR GRADUATE

Put your favorite graduate in the spotlight now by reserving space in the special graduation section for the GHS Class of 2004.

This pull-out, keepsake section will feature the Class of 2004 with individual photos and the plans of each graduating senior, plus, photos and articles relating to the class activities and accomplishments.

These pages will be published in the June 3 edition of the Avalanche.

Deadline to have your graduation greeting to be included in this section is Tues., May 25, 2004. Call or stop in our office today.

Congratulations
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Dad, Mom & Abby

Anja,
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came Actual Size \$20.00
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Martha, Bob and Jenny

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Continued from Page 1A

buckled up, and children under age four to be in an approved child safety seat.

It also requires passengers up to and including age 15 to be buckled up, in front or rear seating positions. In addition, drivers or passengers who have a shoulder harness placed under their arm or behind their back can be ticketed for failure to properly buckle up.

According to the Michigan Office of Highway Safety

Planning (OHSP), up to 50 lives could be saved and 653 injuries prevented each year if the state's safety belt use rate increased from its current 85 to 90 percent.

Studies have shown several groups remain dangerously at risk, particularly young drivers who are over-represented in traffic crash data.

The most recent OHSP surveys show that young drivers (ages 16-29) have an 82 percent belt use rate and male motorists in general are lagging more than

10 percent behind women, buckling up only 79 percent of the time. Young men are buckling up only 75 percent of the time, making the group most likely to be in a crash, even more likely to be seriously injured or killed when it happens.

"This campaign isn't about writing tickets, it's about saving lives. But our officers would rather pull out their ticket books, than pull another body of an unbuckled motorist out of a fatal crash," said Sheriff Wakefield.

Alignment of mineral rights and surface ownership sought

by Susan Warrington

Staff Writer

Senator Tony Stamas (R-Midland) along with Senator Bruce Patterson (R-Canton) and Senator Jim Barcia (D-Bay City) recently introduced Senate Concurrent Resolution No. 35 which asks the Congress of the United States and the federal government to work with Michigan officials to align the ownership of mineral rights and surface rights on state and federal lands in Michigan and to express our intent to take actions to achieve this goal.

It goes on to state that approximately 20 percent of Michigan land is owned by either the state or federal government and when the mineral rights are not owned by the same governmental body as the surface it "is cause for considerable litigation and frustration in Michigan. This frustra-

tion is felt by citizen groups, energy companies, local units of government and all consumers of gas and oil."

The resolution states that the nonalignment of ownership makes it difficult to protect land from development and difficult to develop to extract the energy that our society needs.

It asks the Congress of the

United States, the Department of Interior, the Bureau of Land Management, the National Forest Service and the Department of Energy.

Gas and oil mineral leases for state owned land in Crawford County will be auctioned off on June 10 in Lansing.

An auction catalog which has the legal description of the lands proposed to be offered and parcel classifications is now available by writing to MDNR/FMFM/MLMS, P.O. Box 30452, Lansing 48909-7952, calling 517-373-7663 or on the web at michigan.gov/dnr.

Site for gas well approved

Continued from Page 1A

The U.S. Forest Service still has to issue an environmental impact statement which is expected later this summer.

Assuming there are no more

Beaver Creek Township board raises pay

by Susan Warrington

Staff Writer

Members of the Beaver Creek Township Board passed resolutions giving each member of the

board a three percent salary increase effective July 1.

The salaries for the supervisor and treasurer will be \$21,034, the clerk will receive \$22,528, and

the trustees will each receive \$2,342.

Each resolution was passed by a 4-1 vote, with trustee Kathy Mobarak dissenting each time.

LETTERS AND OPINIONS



ALMANACK

by Richard Milliman

What's in a name? Money, money, money

BALANCING BUDGETS is a problem in almost all governmental units these days, and a small grade school district in New Jersey could be out in front of a national trend.

To help their schools and programs in face of tight budgets, the Alice Costello grade school in Brooklawn, NJ sold naming rights for parts of its school system.

The school gym officially is the ShopRite of Brooklawn Center, and the school library is the Flowers Library and Media Center.

The school sold the name of the gym to ShopRite in 2001 for \$100,000 payable over 20 years.

The library went to the local Flowers family for another \$100,000.

School officials are happy with the arrangement, and school officials are noodling other ways to extend the plan.

"The only thing I regret is ShopRite got off so cheap," said Bruce Darrow, school board president.

* * *

ACCORDING TO an Associated Press report, further ideas under consideration at Brooklawn include placing ads on sports team jerseys and company logos on the basketball floor.

Brooklawn Supt. John Kellmayer said he has talked to internet site eBay about the possibility of auctioning naming rights for the entire school, and Alice Costello School would be no more.

Brooklawn schools also have tied in with a soft drink company for exclusive pop vending machines in the school, for a profit of about \$3,000 a year to the schools.

Soft drink exclusivity for a price is fairly common in Michigan, too, although the system is being challenged

by health advocates and others who figure profits from promoting unhealthy soft drinks to students are both unwise and unprincipled.

"A lot of smaller school districts are fighting for their survival," Supt. Kellmayer said. "What we're doing here is going to be the norm in 10 years."

The school folks in New Jersey are being innovative and education may be being served, but sooner or later, taxpayers must step up to their tax paying responsibilities.

In this country, public schools belong to the people, not to ShopRite, or the Flowers Family, or to Pepsi Cola.

The people not only should make the decisions about their schools, but also should pay for them, too.

* * *

MEANWHILE, BACK in Lansing, state government once more struggles

with ways to balance the state budget.

How about taking a page from Alice Costello school? Why not raise money by selling naming rights to state buildings and other public assets?

The right to name the Mackinac Bridge should be a headliner. One of the auto companies would be a prize prospect maybe the General Motors Bridge, and all in lights.

Our state prisons could go one at a time, or as a package. One of the hotel chains, maybe Marriott or Hilton or Holiday Inn or even Motel Six, might be interested.

State rest areas along Michigan highways should be attractive to naming prospects, maybe for insurance companies such as AAA Michigan or Auto Owners or Geico or the RV folks or even Port-a-Potty.

University of Michigan could grab

many millions from the highest bidder to rename Michigan Stadium, and then, of course, UM could devote all the revenue to academic research and improving curricula.

Michigan State could sell the naming rights for the MSU law school or one of its medical schools or maybe sell an entire school to the highest bidder.

Wait a minute. That would be too outlandish, wouldn't it?

Could any of this happen? Wondrous and surprising things sometimes occur when public tax dollars are involved.

Kids in Brooklawn, NJ probably never dreamed they'd be shooting hoops at a ShopRite facility.

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

Suggestions would balance state budget

The small-business group NFIB/Michigan May 4 applauded the Mackinac Center for Public Policy's detailed analysis and suggestions to balance the state budget without raising taxes. The Mackinac Center released its study entitled, "Recommendations to Strengthen Civil Society and Balance Michigan's State Budget - 2nd Edition," at a press conference held today at the State Capitol. The study provides over 90 ideas and suggestions to reduce spending and generate revenue.

The nonpartisan research and education organization's study comes on the heels of several proposals to balance Michigan's budget on the backs of taxpayers and business owners, including votes in the House on increased liquor taxes and the reinstitution of Michigan's death tax.

"When government raises taxes on small business, they don't ask small-business owners where they are going to get the extra money to pay the taxes," said Keith Carey, NFIB/Michigan assistant state

director. "We are trying to point lawmakers toward opportunities to balance the budget by reducing spending."

NFIB/Michigan and seven other trade associations joined the Mackinac Center in announcing the budget proposals at a press conference in the Capitol rotunda. If all of the Center's recommendations are implemented, the state would reduce GF/GP spending by \$1.6 billion and enhance revenue without raising taxes by as much as \$4.2 billion.

Mercy invites community to 'get moving'

Local kick-off events for the "Let's Get Moving Northern Michigan" (LGMNM) will be held in Grayling, Houghton Lake and Roscommon, May 24-26.

LGMNM is designed to encourage adults, children, long-time exercisers, and especially "newcomers to exercise" ... to set some personal goals and exercise on a regular basis.

Participants are encouraged to walk 100 miles (or any equivalent activity, i.e. bicycling) during a 100-day period and keep track of the number of miles they have earned. They will then drop off their mileage coupons to be eligible for weekly random drawings and prizes. Those who turn in a log at the end of the 100 days will be entered in a drawing to win \$100.

The Grayling, Roscommon, and Houghton Lake areas will be competing with more than 20 other communities in northern Michigan to see which area can log the most total miles. The



Governor's Council will also award a plaque to the northern Michigan city with the most miles logged.

This year, each city will be classified as small, medium or large and the Governor's Council will award a plaque to the most miles logged in each category.

Last year, participating communities logged over 350,000 total miles. Community miles will be posted on the Let's Get Moving Northern Michigan website, www.LGMNM.org, along with the weekly winner from each community.

Free T-shirts will be given to the first 50 participants to register during the kick-off events in each community and door prizes

off begins at 6 p.m. with motivational speaker Kristina Lopez, PA-C; community walk begins at 6:30 p.m.

• Roscommon - Wednesday, May 26, 10 a.m. to 11:30 a.m. at the Roscommon Senior Center and 4:30 p.m. to 6:30 p.m. at Mercy Family Care Roscommon; community kick-off at 6 p.m. with motivational speaker Kellie Haight, PTA; community walk begins at 6:30 p.m.

The 100-day program runs May 26 through September 2.

Those interested in participating but unable to attend registration and kick-off events in their communities may pick up a log book at any Mercy Family Care office or Mercy Hospital in Grayling anytime after May 24.

For registration packets by mail, or for more information, call Mercy Hospital's Education Department at (989) 348-0489 or send an e-mail request to: lgnm@trinity-health.org.

You have a right to appeal IRS tax liability decisions

Are you in the middle of a disagreement with the Internal Revenue Service (IRS)? One of the guaranteed rights for all taxpayers is the right to appeal, according to the IRS.

If you disagree with the IRS about the amount of your tax liability or about proposed collection actions, you have the right to ask the IRS Appeals Office to review your case.

IRS Publication 1, "Your Rights as a Taxpayer," explains some of your most important taxpayer rights. During their contact with taxpayers, IRS employees are required to explain and protect these taxpayer rights, including the right to appeal.

The IRS appeals system is for people who do not agree with the results of an examination of their tax returns or other adjustments to their tax liability. In addition

to examinations, you can appeal many other things, including:

- Collection actions such as liens, levies, seizures, installment agreement terminations, and rejected offers-in-compromise;

- Penalties and interest; and/or

- Employment tax adjustments and the trust fund recovery penalty.

Appeals conferences are informal meetings. The local Appeals Office, which is independent of the IRS office that proposed the disputed action, can sometimes resolve an appeal by telephone or through correspondence.

The IRS also offers an option called Fast Track Mediation, during which an appeal or settlement officer attempts to help the taxpayer and the IRS reach a mutually satisfactory solution. Most cases that are not docketed in court qualify for fast track

mediation.

Fast Track Mediation doesn't eliminate or replace existing dispute resolution options, including your opportunity to request a conference with a manager or a hearing before Appeals. You may withdraw from the mediation process at any time.

When attending an informal meeting or pursuing mediation, you may represent yourself, or you can be represented by an attorney, certified public accountant, or individual enrolled to practice before the IRS. If you represent yourself, you can obtain assistance from specially trained Customer Service Representatives. Find their telephone numbers through the Appeals portion of the IRS website at www.irs.gov/appeals.

If you and the IRS Appeals Officer cannot reach agreement,

or if you prefer not to appeal within the IRS, you may take your disagreement to federal court. But taxpayers can settle most differences without expensive and time-consuming court trials.

Further information on the appeals process is available in IRS Publication 5, "Your Appeal Rights and How to Prepare a Protest If You Don't Agree," Pub. 556, "Examination of Returns, Appeal Rights and Claims for Refunds," Pub. 1660, "Collection Appeal Rights for Liens, Levies, and Seizures," and Pub. 3605, "Fast Track Mediation."

To get copies of IRS publications, visit the IRS website at www.irs.gov or call toll-free 1-800-TAX-FORM (1-800-829-3676).

Disclaimer

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of *The Crawford County Avalanche*.

CRAWFORD COUNTY AVALANCHE

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AVALANCHE DEADLINES

Community Briefs items submitted to *The Avalanche* must be turned in to the office by Monday noon, to appear in that week's issue.

Photographs must be turned in to the office by noon on Friday for consideration in the next issue.

News items and letters should be submitted on 8 1/2 x 11 inch paper, typed, and double-spaced.

Handwritten items must also have ample space between each line; on lined paper use every other line.

Classified ads by the word must be turned in by Tuesday noon and have to be paid for in advance or they will not be published.

Classified display ads must be turned in by Monday noon.

Full page, half page, or color display ads must be turned in by Thursday at 5 p.m.

The deadline for all display ads smaller than a half page is

Friday at 5 p.m.

Letters to the Editor

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views of *The Avalanche*.

Your views are welcome on the Opinion Page. Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be signed and an address and telephone number

must be included to be considered for publication. Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows.

Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

Published by Crawford County Avalanche, Inc., Dirk Milliman, president.

Member of the Michigan Press Association and the National Newspaper Association.

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USPS 16-860. Entered as Periodicals at the Post Office at Grayling, MI 49738 under the Act of Congress of March 3, 1919.

Published each Tuesday at 102 W. Michigan Avenue, Grayling, MI 49738, for changing address, send U.S. Post Office Form 3570 to the Crawford County Avalanche, P.O. Box 490, Grayling, MI 49738.

Subscription Rates: One year permanent subscription in Crawford, Roscommon, Kalkaska, Cheboygan, and Oscoda counties, \$20.00; Second-class address changes add \$4.00; One year non-local, outside above counties, \$30.00; Foreign Countries, \$60.00; Senior Citizen discount (50 or older) \$2.00 off any of the above rates.

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Check us out on the Internet at avalanche.townnews.com

BRIEFS

GHS to host Senior Honors Night

Grayling High School will host its annual Senior Honors Night on Thursday, May 20 at 7 p.m. in the newly renovated and expanded GHS Joseph Stripe Auditorium. The program is being held in the evening to give parents, relatives, friends and members of the community the opportunity to share in the honors being bestowed upon this year's graduates. The achievements of the members of the 2004 graduating class will be recognized through local and college scholarships, citizenship awards and a variety of academic awards. The GHS administration invites all family, friends and community members to attend and support the honored seniors by sharing these special moments of recognition.

World War II series continues

The sixth and final installment of a series of film presentations and discussions of the American experience during World War II will be presented on Monday, May 17 at the Devereaux Memorial Crawford County Library with the topic of the experience of combat. The film to be presented beginning at 1:30 p.m. is titled "D-Day," with discussion and refreshments to follow. The library is located at 201 Plum Street in Grayling. For more information on this program and others, call the library at 348-9214.

Ostomy support group to meet

The Straits Area Ostomy Association will hold its regular meeting on Sunday, May 16 at 2 p.m. in the Private Dining Room at Mercy Hospital in Grayling. All ostomates and interested persons are invited to attend. For more information, call (989) 821-5721.

Hanson Hills to host Kite Day

The 14th Annual Kite Day will be held this Saturday, May 15, from 1 p.m. to 3 p.m. at Hanson Hills Recreation Area, on Old Lake Road near M-93 in Grayling Township. Free kites and refreshments will be available while supplies last. This event is sponsored by Grayling Recreation Authority in partnership with Dr. Dami at Grayling Chiropractic Clinic. For more information about Kite Day, call the GRA at 348-9266.

Little League to host Home Run Derby

Grayling Little League will conduct its 40th Anniversary Celebration on Saturday, May 15 at Millikin/McNamara Fields beginning at 1 p.m. and will include a Home Run Derby with 10 divisions from little league to alumni, businesses and coaches. Former major leaguer Roger Mason will be on hand to play a little ball, sign autographs and talk to the kids. Registration is free, but little league will accept donations. To register, if not in little league, pick up a registration form at Sylvester's on M-72 West.

Take canal adventure in Great Britain

The Grayling Promotional Association's (GPA) Community Cultural Events Program's Travel and Adventure Series will present "Britain's Gentle Highway," a travelogue hosted by Fran Reidelberger, on Thursday, May 13 at the Rialto Theatre in Grayling. The film includes rides on the canals of England, Scotland and Wales which served as the mass transportation system that sparked the Industrial Revolution in Great Britain. Started in the mid-1700s, the canals soon crisscrossed the countryside, covering more than 4,000 miles, but have now become a quiet, history-filled playground for holiday boaters. Tickets are \$7 for adults, \$6 for students and senior citizens, and are available by calling 348-7146, at the door or in advance at Flowers by Josie in Grayling. Doors open at 6:45 p.m. and the "Britain's Gentle Highway" begins at 7:30 p.m. The Travel and Adventure series is made possible by a partnership with Fick & Sons, Inc.

Chicks with Sticks to hold sign-up

Chicks with Sticks, women's Monday night golf league at the Grayling Country Club, starts June 7 at 5:30 p.m. A league sign-up meeting will be held on Monday, May 24 at 6 p.m. Call 348-5618 for more information.

Friends of the Libraries to meet

The Friends of the Crawford County Libraries will hold its regular monthly meeting this Saturday, May 15 at 10:30 a.m. in the meeting room of the Devereaux Memorial Crawford County Library.

Cub Scouts recruiting new members

Cub Scout Pack 3993 invites all graduating Kindergartners through fourth grade boys to visit the Pack on May 17 at 6:30 p.m. in the AuSable Primary School Cafeteria and sign up for Cub Scouts. This will be an opportunity to watch a den meeting in action. The following Monday, May 24, the Pack meeting will be in the same place. There will be food, games and activities and graduating Cub Scouts will be moving up to Webelos status.

Library to host genealogy meeting

A genealogy meeting on Thursday, May 20 at 7 p.m. at the Devereaux Memorial Crawford County Library. For more information, call the library at 348-9214.

Viking Band Boosters to meet

Grayling High School Viking Band Boosters will hold its regular meeting Thursday, May 13 at 7 p.m. in the Grayling Middle School Band Room. All band parents are encouraged to attend this meeting. Nomination of officers for the 2004-05 school year, as well as the final discussion on the budget will take place. Any questions may be directed to Marge Franklin at 348-9726 or Matt Bishop at 344-3574; leave a message if necessary.

Library's senior outreach program begins

The Devereaux Memorial Crawford County Library will be starting a Senior Outreach Program designed to put books into the hands of those who are homebound and cannot get to the library because of illness or other reasons. If you or someone you know is interested in this program, contact the library at (989) 348-9214.

Bicycle Safety Rodeo scheduled for May 22

A Bicycle Safety Rodeo is scheduled for children in grades Kindergarten through fifth on Saturday, May 22.

The Crawford County Sheriff's Office, along with the Grayling City Police, Gaylord City Police Bike Patrol and the Crawford AuSable School District, will be conducting the seventh annual Bicycle Safety Rodeo event, from noon to 2 p.m., in the parking lot of AuSable Primary School in

Grayling.

Activities will include an obstacle course, "Rules of the Road" instruction with hands-on practice, and a free bicycle safety inspection conducted by personnel from The Bicycle Shop of Grayling.

As a safety incentive, the Grayling Rotary Club will be presenting a bicycle helmet to the first 300 successful participants.

The rodeo is made possible by

donations from the following: Grayling Rotary Club, McDonald's of Grayling, Grayling 7-Eleven, Kirtland Community College, Mobile Medical Response EMS, and Crawford AuSable School District.

For more information, contact Undersheriff Shawn Krayes at 344-3210 or Tina Bassett at 344-3214.

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Register now for 4-H T-Ball

Registration for the 2004 4-H T-Ball season has begun. The 4-H Office will take registrations until Thursday, May 20.

To play, children must be in Kindergarten, first or second grade.

All games will be played on Wednesdays at the Grayling Middle School practice field, beginning at 6:30 p.m. This year, there will be a T-Ball clinic at 6:30 p.m. on Wednesday, May 26.

The clinic is not mandatory, but all children signing up for T-Ball are encouraged to attend.

The first T-Ball game is scheduled for Wednesday, June 2 and the last, July 7.

Registration fee is \$10. Those with a shirt and hat from a previous year need pay only \$4 registration fee.

Junior T-Ball Season has also begun. To play, children must be five years old by December 1, 2004 and have not yet attended Kindergarten. All games will be played on Tuesdays beginning at 6:30 p.m., with the first game scheduled for June 1 and last game will be played July 6. Registration fee is \$4.

Register for either league at the Crawford County MSU Extension Office, located in the basement of the courthouse, 200 West Michigan Avenue in Grayling.

For more information, or for anyone interested in coaching, call the 4-H/MSU Extension Office at 344-3266.

Mercy offers Healing Touch class May 15

Healing Touch is an energy based approach to health and healing. It is gentle and relaxing. It influences the body's energy field to enhance healing and well-being.

Those interested, can learn more about the body's energy system and how to access it and influence it for healing during an "Introduction to Healing Touch" class from 9 a.m. to 3 p.m. on Saturday, May 15 in the Crawford Room at Mercy Hospital in Grayling. Cost of the class is \$25 for the general public, free to Mercy employees.

Developed by nurses more than 20 years ago, Healing Touch continues to grow in popularity and applications. Numerous scientific studies document its safety and effectiveness for dealing with anxiety, wound healing, pain, and general well being. Students of the program can learn to help their family, friends and even their pets through Healing Touch.

To register for the class, call (989) 348-0888. For more information about the program, call

Marian at (989) 344-1475.

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The Bible Speaks

Our Sin & Guilt

Many people feel so guilty for their sins they do not believe God could ever forgive them and save them. Satan uses this lie to keep people from trusting Jesus Christ. They believe they must first reform their own behavior before Jesus Christ will accept them. The apostle Paul exposed this lie once and for all in 1 Tim 1:15,16: "This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief. 16 Howbeit for this cause I obtained mercy, that in me first Jesus Christ might show forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting." The chief or worst sinner in this world has already been saved to be a pattern or example to encourage others to turn to Jesus Christ. Reformation and restitution can never save us. As Jesus said in Matt. 9:13: "But go ye and learn what that meaneth, I will have mercy, and not sacrifice; for I am not come to call the righteous, but sinners to repentance." Jesus reminded us in Matt 18:11 that we must know we are lost to be saved. "For the Son of man is come to save that which was lost." Jesus told us in Mark 2:17 that we must know we are sick sinners to repent of our sins. "They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to repentance." Jesus told us in John 3:17 He came to save us, not to condemn us. "For God sent not his Son into the world to condemn the world; but that the world through him might be saved." Satan wants us to feel guilty and remain

condemned in our sins. Jesus Christ wants to save us and free us from the guilt and penalty of our sins. Jesus Christ died on the cross for helpless, ungodly sinners because He loved us. "For when we were yet without strength, in due time Christ died for the ungodly." For scarcely for a righteous man will one die; yet peradventure for a good man some would even dare to die. But God commeth his love toward us, in that, while we were yet sinners, Christ died for us." (Rom. 5:6-8) He illustrated this fact when He saved the thief hanging on the cross beside Him. "And he said unto Jesus, Lord, remember me when thou comest into thy kingdom. 43 And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise." (Luke 23:42,43). The dying thief had no good works to offer and no future to do penance or reform. His hands and feet were nailed to the cross. Only his heart, head, and tongue could still move freely. He confessed Jesus Christ as his Lord and believed in His death, burial and resurrection to enter His kingdom. As a result, he is one of the only people promised to be with Jesus Christ forever.

You and I must be saved in the same manner as the thief. We are told in Romans 10:9-13: "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. 10 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. 11 For the scripture saith, Whosoever believeth on him shall not be ashamed. 12 For there is no difference between the Jew and the

"The Bible Speaks" is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche."

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Bible Study (Wed.) 10:30 a.m.

Sunday School 8:30 & 11 a.m.

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Scouts bring Pinewood Derby to Mercy Manor



Photos courtesy of Cub Scout Pack 3993

The Wolf Den from local Cub Scout Pack 3993 took the Pinewood (Derby) II to the residents of Mercy Manor on May 3, who appeared to have as much fun as the kids did when racing their own handmade race cars. Some of the residents had their own children involved in scouting at one time and currently have grandchildren in scouting. From the smiles seen around the room, it appears the visit was enjoyed by all. Any organizations that would like the Scouts to race for them may contact Brad Summers at 348-9755.

90th anniversary celebration and restoration drive kickoff starting in June

On Saturday, June 12 there will be a celebration of the 90th anniversary of the historic Grayling Fish Hatchery located on the East Branch of the AuSable River at North Down River Road. The celebration, which will run from noon to 3 p.m., will also help kick-off the drive to restore and reopen the hatchery building.

This will be a family-friendly event with children's games, visits from Smokey Bear and Woodsy Owl, and refreshments. Visitors will get a chance to see the historic fish hatchery building, built in 1940 and closed since 1990, and view plans for the restored building. Raffle tickets, with grand-prize of a handmade Tonkin bamboo fly rod will be available, along with artistic ceramic tiles, designed by Terrapin Tile of Roscommon, depicting the Michigan Grayling and the establishment of the Grayling Fish Hatchery.

The Grayling Fish Hatchery was established in 1914 by the Grayling Fish Hatchery Club, a group of sportsmen interested in restoring the Michigan Grayling to the AuSable and Manistee Rivers and to stock trout to these same waters. While the efforts of restoring the grayling failed, this hatchery helped to establish the AuSable River as one of the best trout streams in North America. The Grayling Fish Hatchery was operated as a private club from 1914 to 1921, and as a partnership by the club and the Michigan Department of Conservation from 1921 to 1926. In 1926, the state purchased the fish hatchery for \$10,000 and operated it until 1964. Some of the members of the Grayling Fish Hatchery Club included Rasmus Hanson and Nels Michelson of Grayling, noted conservationist William Mershon and automakers Henry and Edsel Ford and Charles Nash.

During the fifty years of operation, the Grayling Fish Hatchery raised and released more than 50 million brook, brown and rainbow trout into rivers and streams.

Board of Review decision to be appealed

by Susan Warrington
Staff Writer

The Beaver Creek Township Board directed Supervisor Lee Riley to contact the township tax assessor, asking him to appeal a recent decision by the township Board of Review, to the state tax tribunal.

Earlier this year, the township

Phase II fact sheet

- Phase II will renovate the fish hatchery building and create an ecology and history education center of the AuSable River and a "Legends of the AuSable" museum exhibit.
- The "Legends of the AuSable" museum exhibit will focus on personalities who have been integral in the history of the AuSable River in the Grayling area. This exhibit may include (but not be limited to) George Griffith, Rasmus Hanson, Fred Bear, Chief David Shoppenagon, George Mason, Rube Babbitt and William Mershon.
- A small-scale fish hatchery will be constructed on the ground floor of the hatchery building showing the process of raising fish, along with an aquarium of trout and/or grayling in a natural river setting.
- Exhibits on the history of the Grayling Fish Hatchery.
- Exhibits on the history and natural history of the AuSable focusing on the wildlife, grayling and trout.
- Large-scale aerial photographs of the AuSable and Manistee watershed will be part of the second level exhibit space.
- A classroom/conference room for education programs and community meetings on the ground floor.
- Office space and reading/research rooms on the upper level.
- A Natural History library operated in cooperation with the Devereaux Memorial Crawford County Library.
- Complete ADA accessibility to the building, including a new upper level entry vestibule and an elevator to the lower level.
- New roof and restoration of the distinct cupola.
- Restoration of the exterior to its historical appearance.
- When complete, the hatchery building will be available for year-round use.
- Cost estimate of Phase II is \$1,011,000.

of northern Michigan. The current fish hatchery building was built in 1940 and was added on to in 1942 when the state fish pathologist office was moved here. After the hatchery closed in 1964, the fish pathologist office remained until 1972 and the building was used as the Department of Natural Resources Grayling Field Office until 1990. Since 1983, some of the hatchery raceways have been stocked annually with trout for feeding and fishing by the public. The Grayling Recreation Authority has been operating the raceways for the last several years.

The Grayling Fish Hatchery Restoration Steering Committee was started in 1999 with the aim of restoring the building and grounds of the Grayling Fish Hatchery as a recreational and educational site.

Phase I of the restoration was launched in 2001 and included river restoration and the estab-

lishment of a natural trout stream where several of the concrete raceways were once located, demolition of some of the out buildings, new landscaping including a meadow of native plant species, a children's fishing pond and a storm water retention pond to stem the flow of storm water directing into the East Branch of the AuSable River. These projects were completed in 2003.

Phase II of the project will focus on the restoration and reopening of the historic fish hatchery building. This project, estimated at just over \$1 million will include a new roof, restore the building's exterior to its historic appearance and the establishment of a new educational and history facility inside. This will include a classroom, demonstration small-scale hatchery, museum of "The Legends of the AuSable," a natural history library, offices and reading rooms, and complete ADA access-

sibility for the entire building.

For more information about this event or to find out more about the Grayling Fish Hatchery Restoration Project, please contact Kevin Garrity, co-chair of the Grayling Fish Hatchery Restoration Project Steering Committee, at 989-348-9005.

Toupin Chiropractic Clinics would like to thank all of the local individuals and businesses that donated to the Mother's Day drawing.

Fannie Finn's
Ray Thomas-Hogan Reflexologist
Lynn Trudeau, Arbonne Consultant
Robert Smith, Medical Massage Therapist
If you haven't entered your mother (or someone who is like a mother to you) there is still time! Stop by the clinic before May 26th and nominate a special woman to win!

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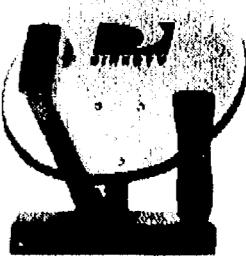
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Only you can look out for your outlook

By Ernie Harwell



I think most of my attitude about taking personal responsibility for your own quality of life and health rubbed off from my dad, who contracted multiple sclerosis when he was about thirty years old, and died at seventy-two. Despite being unable to move his lower limbs during those many years, he had a sharp mind and a terrific outlook on life.

He was upbeat all the time and never let his physical condition get him down. He loved to have people visit and always had great stories and jokes ready for them. I think a lot of that was passed along to me. I saw that he had such an amazingly positive attitude and how much it meant to the quality of his life - and to the lives around him - every single day.

So it's probably not too surprising to those who really know me, that I consciously decide every day that I'm going to do something positive for my health and my outlook on life. I figure there's simply no guarantee that I - or anyone else - will feel good without making fitness and a positive outlook a personal commitment.

And please remember to take care of your health before it's longggg gone!

Ernie Harwell, "the voice of the Detroit Tigers" for more than four decades, retired after 55 years behind a major league microphone. Today, at age 86, Ernie's days are filled with serving as a health and fitness advocate for Blue Cross Blue Shield of Michigan, public appearances, writing, traveling and taking long walks with "Miss Lulu," his wife of more than 60 years. His latest book, a collection of his baseball columns entitled "Life After Baseball," is available at local bookstores or by calling 1-800-245-5082.

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to Treasurer, Otsego Memorial Hospital Association, 825 N. Center, Gaylord, MI 49735

RANGE FIRING

Range firing scheduled for the period May 13-19, 2004.

The Range 40 Complex, Air to Ground, located North of County Road 612, East of Guthrie Lake, South of Old State Road 618, and west of County Road F97 (Twin Bridge Road). May 13, 17-19.

The Range 40 Complex, located North of County Road 612, East of Sherman Road, South of Old State Road 618, and West of County Road F97 (Twin Bridge Road). May 18-19.

Small Arms Ranges located West of Lake Margrethe, North of Howe Road, East of the gas pipeline and south of Portage Creek. May 14-19

Range 12, located South of the main post, bounded on the East by Carrier Road, and West of Beaver Creek (Military Road). May 17-19.

Range 15, located South of the main post, bounded on the West by Cadillac Road, and on the East by Carrier Road. May 16-17.

ARF Range, located West of Lake Margrethe, North of Howe Road, East of the gas pipeline and North of Portage Creek. May 15.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Due to mobilizations or critical training requirements, the Post Commander may authorize mission-firing requirements beyond this time. This firing schedule is subject to change without notice to the public.

Contact the Grayling office of the Department of Natural Resources for the area closed for hunting within the boundaries of the installation. Grayling DNR telephone number: (989) 348-6371.

For further information call 1-800-628-5820.

Shriners pay visits to nursing centers



Photo courtesy of AuSable Shrine Club

Members of the AuSable Shrine Club of Grayling visited residents at Mercy Manor and Grayling Nursing Center to celebrate the coming of spring. Kenneth Eldridge (left) and Joseph Porter (right) visit with Eva Bidwell. Greetings were extended to the residents and a card was presented to each person. The AuSable Shrine Club is involved in fund-raising activities for the Shriners Hospitals for Children throughout the year.

Local Republicans hear message from Cheney



Local Republicans gathered April 29 at the Gray Rock Cafe to listen to a telephone message from Vice President Dick Cheney. The gathering was one of about 5,000 scheduled "House Parties" held around the country that evening to rally grassroots Republican groups to action as the political campaign season heats up.

State begins replacing old voting systems

The first purchase orders have been placed for the new statewide optical scan voting system.

About 200 of Michigan's more than 1,500 cities and townships are moving forward this year to replace their outmoded voting equipment. The upgrade brings greater convenience and consistency to Michigan's election process. Michigan's move to optical scan inoculates it from the recent controversy centered on touch-screen voting systems.

"This is a significant step in taking Michigan's elections to a higher level of excellence," Secretary of State Terri Lynn said. "Optical scan is a proven system that incorporates the safeguards necessary to ensure election integrity. We've worked closely with our local partners to ensure that voters and election officials are well served. Michigan is investing in democracy, and the payoff benefits everyone."

The Secretary of State is expediting the purchases to accommodate cities and townships wishing to have the new systems in place for the August primary and November general elections.

Michigan is paying for the equipment with a portion of its federal Help America Vote Act (HAVA) funds. The state negotiated contracts with the election equipment vendors to fully fund

optical scan tabulators and provide election management system software, training and maintenance and service for up to three even-year elections.

The Secretary is committed to ensuring that the locals were not burdened with unnecessary costs.

According to the Information Technology Association of America, more than 90 percent of voters have expressed confidence in optical scan systems -- making it one of the most trusted systems for casting ballots. About two-thirds of Michigan's 5,305 precincts already use an optical scan system. Voters and election workers are very familiar with how to vote and manage the system.

Other advantages of the optical scan include:

- Providing a tangible document trail that can be used in the event of a recount.
- Giving voters a ballot that can be reviewed before it is cast.
- Faster compilation and reporting of election results.

- Consistency between absentee ballots and ballots issued at the polls.

- Notifying voters when errors are made on the ballots and providing the opportunity to cast a new ballot to correct the errors.
- More effective voter education because only one system is involved.

Optical scan is one of five different voting methods used throughout the United States. All are currently used in Michigan, sometimes within the same county. Voters moving to a new jurisdiction are often forced to learn a new system.

Jurisdictions receiving new equipment this year have been using punch card, mechanical lever, paper ballot or central-count optical scan systems. Not all systems will be replaced this year. Some jurisdictions are delaying their purchases until next year. However, all outmoded equipment must be replaced by the 2006 elections.

Land announced in August 2003 that Michigan is adopting a precinct-based optical scan system. Optical scan equipment lets voters indicate their ballot choices on a paper form by marking designated areas with a pen or pencil.

Under the precinct-based system, voters insert their completed ballots into an electronic tabulator. The tabulator reads and stores ballot totals, and alerts voters to potential problems, such as voting for too many candidates in a particular race. The paper ballot is then channeled into a storage bin where it remains until the polls close.

Lawmakers look to close 'gift card' loophole

by Gitte Laasby
Capital News Service

LANSING -- Customers who buy a gift certificate that's not honored by the business may soon have a new legal weapon in hand.

A new bill aims to close what sponsor Ruth Johnson (R-Holly) calls a loophole in federal bankruptcy law. It would make it illegal for a business to refuse to honor its own gift certificates.

Currently, a company in bankruptcy can reject the cards until it's doing better financially, and gift card holders must wait in line with other creditors to see if the company has any assets.

Johnson said she sponsored the bill after hearing from constituents who got turned down when trying to redeem gift certificates bought at the Quality Stores around Christmas 2001. The farm-and-garden supply chain had continued to sell gift certificates after it filed for bankruptcy protection in November of that year.

"They had to know by that time what was happening," Johnson said. "It's not right to

know you're in trouble and claim bankruptcy and then rip people off."

In 2002, the U.S. Bankruptcy Court in Grand Rapids ruled that holders of gift certificates purchased after Quality Stores filed for bankruptcy could redeem them for merchandise or get a check for the value of the certificate.

Stewart Freeman, assistant attorney general in charge of consumer protection, said his division gets a couple of hundred inquiries and complaints involving gift certificates every year. Many of them involve restaurants and health clubs.

"A lot of people assume that this money belongs to the company and that it must be used within 90 days," but Michigan law presumes that a gift certificate is generally valid for five years, Freeman said. "Restaurants, etcetera, can't just cancel it out and keep the money."

When he gets a complaint after a business closes, Freeman said, his department writes a letter to the store to "informally mediate"

the problem and encourage the business to honor its certificate. The effort is usually more successful with chains than with individual stores.

The Michigan Retailers Association doesn't see a problem with the bill, but wants to make sure it doesn't have side effects before supporting it, said governmental affairs director Eric Rule.

"If the retailers sold a gift certificate and don't know that they're going bankrupt, at what point will they be liable for damages? What knowledge do they have to have?" he said.

In the meantime, Freeman has some advice for consumers. First, read the fine print before buying a gift certificate because each store has different conditions and expiration dates, and then ask a number of questions:

"Is the gift certificate good for any bearer? How long is it good for? Is there a possibility to convert it into cash? And what if you spend less than the gift certificate is worth -- will you get the rest in cash or will they write it off on the card?"

Co-sponsors of the bill are Reps. Ken Bradstreet (R-Gaylord), Sal Rocca (R-Sterling Heights), John P. Stakoe (R-Highland), and Larry Julian (R-Lennox).

The attorney general's hotline for questions and complaints is 1-800-765-8388. The web site has consumer alerts at www.michigan.gov/ag.

Kirtland art exhibition rescheduled

Kirtland Community College's Student Art Exhibition, one of the most popular semester-ending events on the academic calendar, has been rescheduled to Saturday, May 15, from 6 p.m. to 8 p.m., capping off a full-day of activities at the Kirtland's Warbler Festival.

The show had been scheduled for last Thursday evening, but a power outage forced the postponement.

Kirtland's Art Department sponsors the exhibition, which features hundreds of pieces of outstanding work by students of painting, drawing, photography, sculpture and ceramics. Open to the public, the show traditionally draws huge crowds. Refreshments will be served.

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Pavelek named Kirtland's Alumna of the Year

Nancy Pavelek, who rose from nursing student to nursing instructor in just a few years, has been named Kirtland's Alumna of the Year.

Pavelek, of Lupton, graduated from Kirtland's renowned Nursing Program in 1995 and from its Massage Therapy Program in 1997. She served the college as massage therapy instructor and coordinated the program from 1998-2002, when she became a full-time member of the college's nursing faculty.

Prior to nursing, Pavelek worked at AuSable Valley Community Mental Health and was awarded an Employee of the Year award for service. She

returned to the same agency after graduation to work as program nurse for the Partial Hospitalization Program (an intensive outpatient psychiatric program).

She is a member of Michigan Nurses Association and American Massage Therapy Association.

Outside of the classroom, Pavelek is highly involved in various community organizations, including 4-H Clubs, 4-H Achievement Days judge, and Girl Scout adult leader/trainer/liaison. She is a Chamber of Commerce secretary and event organizer, plays in the church guitar group and coaches

youth softball and junior high boys' basketball. And she provides health education for court-ordered adolescent substance abuse clients. She also serves on the board of River House Shelter in Grayling.

Married 30 years, Pavelek has two children and one granddaughter. She was raised on Detroit's east side and migrated to Lupton in 1981. She continues to play softball, enjoys camping, and gardening.

The Paveleks also have raised sheep for 22 years primarily for wool, spinning and marketing yarn. Naturally, she enjoys knitting on what precious free time she has.

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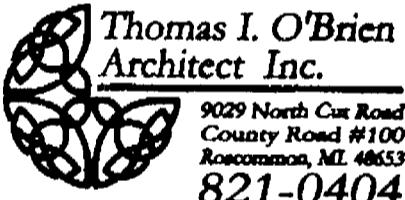
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Take a deep breath: May is Better Breathing Month

► Munson offers educational classes to promote better breathing

Munson Healthcare has named May "Better Breathing Month" in an effort to promote healthy lungs and to offer help to those with breathing difficulties.

Adults with chronic lung problems may wish to attend the ongoing Better Breathing class every Monday at 1:30 p.m. at Munson Community Health Center in Traverse City. Eight weekly classes provide information on lung disease, medications, breathing techniques,

nutrition, and exercise for people with lung disorders.

In children, asthma is the leading cause of long-term illness, and experts say the number of children affected by the disease has been on the rise during the past 10 years.

According to a study published in *Pediatrics* magazine, asthma cases could drop nearly 40 percent among American children under age six if susceptible youngsters didn't have pets or other allergy triggers in their homes. Following are some tips offered by the American Lung Association for reducing allergens in the home.

- Keep pets out of all bedrooms.

- Bathe your dog or cat week-

ly to remove fur dander.

- Place allergen-resistant covers over mattresses and pillows. Blankets and sheets should be washed every week in water that is at least 130 degrees Fahrenheit.

- Cover couches or loveseats with removable, washable slipcovers.

- Use a high efficiency furnace filter and replace it every two or three months to capture up to 30 times more pet dander, pollen and other allergens than standard fiberglass filters.

- Run the furnace fan continuously. This enables the filter to capture more particles of pet dander and other allergens in the air. Set the thermostat to the "on" rather than the "auto" posi-

tion.

- Vacuum frequently using a vacuum cleaner with a high efficiency filtration system.

- Replace heavy curtains with lightweight, washable ones, or vertical blinds.

- Remove carpets from the bedroom and use wooden flooring.

- Use enclosed bookcases and curio cabinets instead of open shelves.

- Plan outdoor activities in the afternoon. Pollen counts are usually higher in the morning.

For more information on the May "Better Breathing" offerings, call 1-800-4-MUNSON. For more information on lung disease and breathing disorders, visit munsonhealthcare.org.

Historic dress-up contest returning

by Susan Warrington
Staff Writer

The Crawford County Historical Society is asking businesses and community members to celebrate the history of this area. They would like businesses and community members to dress in costumes representing the years from 1872 to 1972 (the first 100 years of Grayling) for the Heritage Days celebration.

Businesses interested in entering the contest should contact Bob Ruddy at 348-7333, Kay Cosgray at 348-7995 or Cindy Cain at 348-3295 by June 15. Businesses will be visited by the judges on July 1 and July 2.

Individuals interested in competing should register on July 3. Those who wish to dress up but not enter the competition need not register.

Judges will select winners in four categories - business, adult male, adult female, youth (15 and under). All awards will be given out during the Heritage Days celebration July 3.

HONORS

Central Michigan University

Central Michigan University's fall honors list includes students from the Frederic and Grayling areas who earned 3.5 (on a 4.0 scale) or higher grade point averages for the fall semester that ended in December.

Among the students named to the list are Robert A. VanNuck of Frederic, and Joshua M. Colby, Julee K. Dean, Melissa H. Duvall, Todd A. Gaffke, Kenneth J. Heinlein, Tiffany M. Kercher, Amy L. Martella, Sarah C. McGuire, Timothy D. Ormsbee, and Darci L. Trudgeon, all of Grayling.

VFW to host T-Fab food distribution May 18

Veterans of Foreign Wars Carl W. Borchers Auxiliary and Post 3736 will be distributing T-Fab food commodities at the American Legion Hall, Tuesday, May 18, from 9 a.m. until noon.

Those who have never signed up for this program need to bring proof of gross income of all members in the household, full, part-time, renters and even students, as well as identifications of the head of household.

Gross income refers to total cash receipts, before taxes, for every working person in the household. For those with direct deposit, the latest bank statement

showing that deposit is needed. Those with no income must bring a statement from Social Services to that effect or an eligibility card from AFDC, SSI, Medicaid, Food Stamps or General Assistance.

A household is a single individual or group of related or non-related individuals, an immediate family or extended family who are living as one economic unit and for whom food is customarily purchased and prepared in common.

Also, bring personal identification for the head of household. Driver's license is preferable.

Museum volunteers training scheduled

by Susan Warrington

Staff Writer

With the May 27 opening of the Crawford County Museum approaching rapidly, curator Bob Ruddy is looking for more volunteers.

There will be a training session for all museum volunteers, both experienced and new, on Saturday, May 22. The session,

which will begin at 10 a.m. will give the volunteers a chance to see all of the changes that have been made since last season.

The museum will be open Thursday through Saturday each week from 10 a.m. to 4 p.m.

Anyone interested in volunteering to work at the museum should call Ruddy at 348-7333.

Eligibility is based on (1) wages and salaries before deductions, (2) receipts from non-farm and farm self-employment, (3) regular payments from social security, railroad retirement, unemployment compensation, strike benefits, veterans' benefits, public assistance including supplemental security income (SSI), training stipends, alimony, private pensions, government employee pensions, and regular insurance or annuity payments and (4) income from dividends, interest, rent, royalties, or periodic receipts from estates or trusts.

Exempt incomes are capital gains, tax refunds, student loans, Medicare premium deducted from social security and child support.

Food products and funding are made available to the states on the basis of the number of people unemployed and those below the poverty level.

Important: Do not call the American Legion Hall for information on this program.

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## Special week pays tribute to Emergency Medical providers

Mercy Hospital Grayling joins organizations across the nation in celebrating Emergency Medical Services Week; May 16-22.

EMS week brings together communities and medical personnel to publicize safety and to honor the dedication of those who provide vital day-to-day

lifesaving services. The theme of this year's celebration, "EMS: There When You Need Us," reflects the commitment and dedication of the 750,000 EMS

providers who make up the nation's medical "front line."

"Our Emergency Medical Service providers are largely volunteers and unsung heroes," said Pattie Walker, Director of Emergency Services at Mercy Hospital Grayling. "Once a year, we like to give them the recognition they deserve 365 days out of the year. We appreciate them and as a result of their excellent patient care, our patients have much better outcomes than patients would otherwise."

Mercy Hospital Grayling's EMS providers include:

Crawford County -- South Branch Township EMS, Lovells Township First Responders, Frederic Ambulance, North

Flight EMS, MMR; Oscoda County -- Oscoda County Ambulance;

Roscommon County -- Denton Township Ambulance, Denton Township Fire First Responders, Nester Township First Responders, Richfield Township EMS, Higgins Township EMS, Markey Township EMS, Houghton Lake Ambulance, Lyon Township EMS, and Gerrish Township EMS.

On May 27 a special Beach Picnic Celebration will be held for EMS providers at the McMullen Conference Center.

Highlights of the day will be a lecture on spinal cord injuries and announcement of the EMT of the Year.

## J. Dap team new champs of Pictionary



Annie Blair of the Crawford County Avalanche tries her hand at the drawing board while her teammates try to guess the word "Earth." The Avalanche team placed sixth when the night was through, but the highest honors go to J. Dap & Co. with a total of only 48 seconds, 2nd place to the GPA team and 3rd place to the ABWA team. Due to technical difficulties, this photo is the only one that was usable (and it has its problems) from those taken at the 17th Annual Pictionary Olympics held April 23, sponsored by the Grayling Promotional Association (GPA) to support the AuSable River Fest Parade in July. Requests went out to those in attendance to acquire photos of the winners, but to no avail.

## Expert to discuss college board trusteeship

George Potter, an attorney and nationally recognized expert on the role of the community college board and its trustees, will address the Kirtland board on May 13.

At this Kirtland board workshop, Potter will discuss the community college board's rights and responsibilities in his address, "Principles of Trusteeship," at a 7 p.m. gathering in the college's Conference Center.

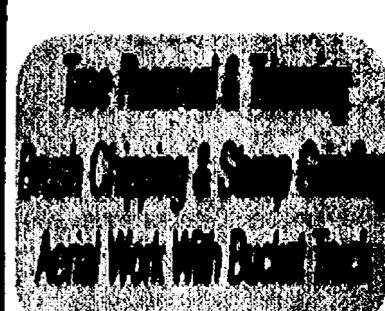
This is neither a regular meeting, nor a special meeting of the board. However, President Charles Rorie said it will be open to all interested members of the public -- many of whom have become regulars in the audience at recent board meetings.

Potter has been a trustee at Jackson Community College since 1962, serving as its chairman for 24 years. The author of *Trusteeship -- A Handbook for Community and Technical*

Trustees

In 2001, Potter was selected by the ACCT as one of the three most influential trustees in the history of the community college movement. He frequently serves as a consultant to community college boards and is a retreat facilitator.

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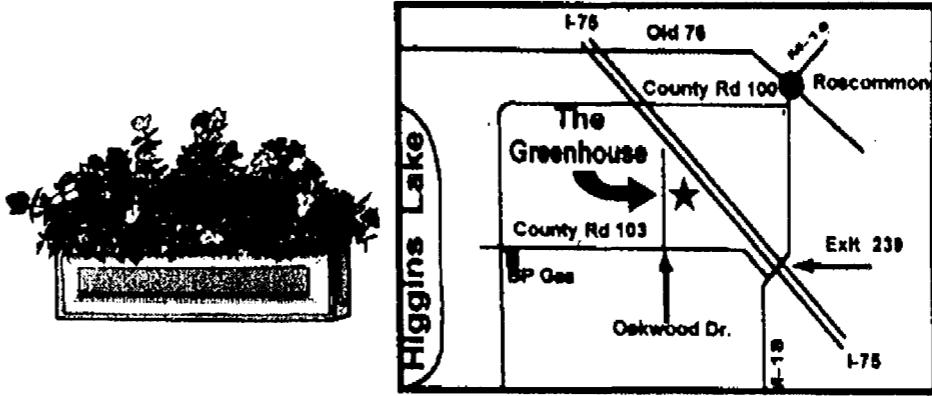
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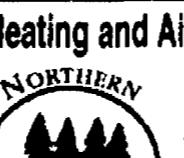
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## GMS names Students of the Month



Photo courtesy of Grayling Middle School

**Grayling Middle School Students of the Month for April are, from left:** (back) Hannah Smith, Amber Collen, Laura Cross, Chelsea Hanson, Jacob Reynolds, Elizabeth Whiting, Cory Stout, Ashley Marculewicz; (middle) Natasha Beaman, Elizabeth Dandy, Tracie VanderPutten, Savannah Foguth, Taylor Doremire, Nicole Sajdak, Brandie Trudeau, Robin Trudeau, Joelissa Kolka; (front) Brandi Creel, Joe Emmons, Jay Love; not pictured: Albie Gardiner, Jeffrey Jones.

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## Confusion reigns over new kid on communication block

by Mike Weber

Capital News Service

LANSING — Voice-over Internet Protocol (VoIP) is a breakthrough technology that is changing the way people communicate. But not everyone is receiving it with open arms.

Vonage, a New Jersey-based VoIP provider, received national attention from a U.S. District Court in Minnesota. The court ruled in March that Vonage is an information service provider, not a telephone service company.

VoIP technology combines broadband-Internet with standard telephone services. Here's how it works: your home telephone unit plugs into a box that generates a virtual dial tone. That box attaches to your high-speed Internet connection and sends the call to the closest host-server for the VoIP provider. From there, the call is sent to the local telephone service provider, and then to the number you dialed.

Scott Stephenson, president of the Telecommunications Association of Michigan, said the Michigan Public Service Commission (MPSC) has asked telecommunication providers to write a statement addressing issues with VoIP services, including the degree to which it should be regulated and participation in the universal service fund.

"It's a new service with new functionality," Stephenson said. "The MPSC is trying to figure out how companies get paid when VoIP providers use their system."

Stephenson said most companies feel that it's a national issue that should have national policy.

David Simon, president of West Bloomfield-based PBX.net, said the problem comes from trying to pigeonhole a new technology into 100-year-old rules.

The Federal Communications Commission (FCC) has said that it will regulate the new technology with a light touch.

Simon said cost and quality are the top two concerns for consumers when it comes to the new service. Because of advances in long distance and cellular, customers expect more from communication services.

"End-users have been desensitized to sound quality over the years," Simon said. "Ninety-nine percent of the time, VoIP sound quality is 99 percent better than was expected."

Simon said that the clarity comes from the call being changed to a digital signal from the VoIP box to the closest VoIP server that the call is going to.

"VoIP has been around for years," Simon said. "Long-distance providers have been using the technology to help lower overhead costs."

Rates range from \$15 per month for 500 minutes of local and long distance calls, to \$35 per month for unlimited use. Most popular features, such as voice mail, caller ID and call-waiting are included. SBC offers an all-inclusive plan starting about \$50 a month.

VoIP is different from the start. A caller makes one phone call to the provider to setup service. After that, service changes are done by the consumer through the Internet, including switching

call plans, access voicemail, and even add "virtual phone numbers", a local number in another state or city that is linked to the user's VoIP phone number.

"VoIP puts the control in the hands of the customer," Simon said.

Brian Mills, chief of staff for Rep. Ken Bradstreet (R-Gaylord) said that the Energy and Technology Committee that Bradstreet chairs is watching the new technology closely.

"The two main concerns are access fees that VoIP providers should pay to connect to local phone companies systems," Mills said, "and subsidized fees for 911 and universal service fund services."

Brooke Schulz, vice president of corporate communications for Vonage, a VoIP provider, said that the VoIP 911 system could be better than standard emergency phone services. Schulz explained that a 911 call could go out to another family member or friend as well as to emergency personnel.

Critics are concerned about a lack of dial tone during power outages. Currently, standard phone systems can operate during power outages because they have redundant power systems in place. VoIP boxes run on standard household current, so when the power goes out, typically broadband service goes out as well.

Simon said he welcomes the competition. PBX.net has been testing its VoIP services for the past eight months he said.

"We plan on releasing both our consumer and business plans in the next 90 days," Simon said. "Our business plan will take VoIP to the next level."

## KCC students fare well at national math competition

Kirtland Community College (KCC) student Gabe Baker finished fourth overall in a contest sponsored by the American Mathematical Association of Two Year Colleges.

The test consisted of 20 questions at the pre-calculus level. Each question had to be solved using precise and innovative thinking. Kirtland finished fourth among Michigan colleges in the competition.

Baker, of Mio, won \$250 for finishing tops among Kirtland students. His teammates included Eric James, of Roscommon, who won \$100 for second place, and Pat Gale, of Gaylord, who won \$100 for third place. Tied for fourth were: Walt Partlo, of West Branch; Michael Moon, of Grayling; and Nick Riegler, of St. Helen.

The purpose of the AMATYC Math League Competition is to foster creativity and pique curiosity in mathematics, as well as provide friendly competition among two-year colleges in the nation.

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## Beetles bug homeowners; and one can ruin a vat of wine

by Kevin Hardy

Capital News Service

LANSING -- What's buggin' you, Michigan? Chances are it's the multicolored Asian lady beetle, according to entomologist Howard Russell of Michigan State University.

Russell has been fielding hundreds of telephoned complaints from people around the state who say their homes are infested with thousands of beetles that dwell in the houses' cavities during cooler seasons before emerging now. He used to receive only dozens of calls a year.

"Some callers are more or less frustrated, but some get hysterical," he said.

Besides being a nuisance to residents, especially in the Lower Peninsula, there is a greater concern, Howard said. The insects could have a devastating impact on Michigan's fruit crops, especially grapes grown for winemaking, because the insects consume them during harvest times. Growers also say the beetles ruin wines with their foul odors.

"It takes one beetle in a vat of wine and it's ruined," Howard said.

The exotic insect was first reported in Michigan in 1994 but it likely had been present since the late 1980s. Today, it's found in all 83 Michigan counties and neighboring states.

The beetle feeds on sugar-laden fruit late in the growing season. Although the beetle could hurt the wine industry, it's been helping another -- the soybean industry -- by preying on soybean aphids, or plant lice, that damage the crops and spread diseases.

The exotic beetles have wings that range from pumpkin-orange

to mustard-yellow, some are jet-black, and have up to 20 spots or none at all.

Linda Jones, executive director of the Michigan Grape and Wine Industry Council, said wine growers are aware of the tiny nuisance.

"It's a source of concern throughout the Midwest," Jones said.

The beetles can overpopulate areas rapidly and appear in the smallest of spaces, making it difficult to find all of their habitats for insecticide spraying, Howard said.

"There's very little we can do," he said. "There's no magic cure. They're a beneficial insect with some bad habits."

The beetles hibernate during the winter in small cavities that provide cool, concealed quarters. In spring, they emerge, looking for food and mates.

Carlos Garcia-Salazar, a small-fruit agent at Michigan State's Ottawa County Extension, said researchers and growers will have to act against the creatures this year, probably with pesticides.

"We really didn't take them seriously before because we thought they were beneficial," he

said. "They're becoming a nuisance for humans and grapes. When populations explode they can bite humans and draw blood."

Garcia-Salazar said he's seen the beetles infest blueberries, but he is more concerned about vineyards in southwestern Michigan.

"It gives the wine a different taste, a really ugly taste," he said.

Doug Welsch, owner of Fenn

Valley Vineyards in Fennville, says that taste is undrinkable.

Welsch said he's had success controlling the beetles by using natural repellents and pesticides 24 to 36 hours before harvesting his grapes.

"The problem is that they stink," he said. "If you crush them, they release an obnoxious odor in the wine."

## HOMETOWN NEWS

Gail Stahl, RN, CIC, BS has accepted the position of Director of Quality and Risk Management for Shands Rehab and Shands at Vista Hospitals, affiliates of Shands Teaching Hospital at the University of Florida in Gainesville, FL.

Gail has held this position on an interim basis since December 2003, having joined Shands as the Clinical Projects Coordinator last September.

In this role, Gail is responsible for the quality and risk management functions, including survey/accreditation preparation and patient advocacy in both hospitals.

Gail is the mother of Ryan



Gail Stahl, RN, CIC, BS

Stahl, and daughter of Marlene and Les Goss, all of Grayling.

## WELDING RODS

Urgent news for people who have used welding rod fumes. Scientists report that elevated manganese exposure from welding rod fumes has been associated with Parkinson's disease and manganese. Symptoms include shakiness, distorted facial expression, loss of equilibrium, decreased hand agility, difficulty walking, joint pain, loss of short term memory, slurred/slow speech, stiffness in muscles and tremors. If you have experienced any of these problems, call us today toll free at 1-800-THE-EAGLE for a free consultation to evaluate your potential claim. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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## SHERIFF'S REPORT

Crawford County Sheriff Kirk Wakefield reports his office handled the following 92 complaints the week of May 3-9:

Five traffic accidents, one non-traffic accident, five traffic violations (civil infraction), one traffic policing, one traffic public safety appearance, two motor vehicle inspections, nine civil matter disputes - family trouble, 12 suspicious situations, three lost and found, one natural death, 15 general non-criminal, one hazardous spill/leak/power line down, one delinquent minors, six false alarm activations, one burglary - forced entry of a residence, four larceny, one motor vehicle theft, one damage to property, one drug/narcotic violations, 13 public peace/disorderly, one health and safety, four miscellaneous criminal offense, one miscellaneous arrest, two driving violations/DWLS (driving while license suspended), etc.

Sheriff Wakefield asks: "Do you know where your children are?"

For more information, log on to: [www.crawfordsheriff.org](http://www.crawfordsheriff.org).

## MILITARY NEWS

Army National Guard Pvt. Kristy R. Hulbert has graduated from the automated logistical specialist advanced individual training (AIT) course at Fort Lee, Petersburg, VA.

The soldier was trained to establish and maintain stock records and other documents such as inventory, materiel control, accounting and support reports, automated and manual accounting records; review and verify bills of lading, contracts, and purchase orders; repair and construct shipping crates for equipment and supplies; and perform prescribed loads and shop stock lists in manual and automated supply applications.

Kristy is the daughter of Brian W. Hulbert of Frederic, and Judy E. Crandall of Grayling. She is a 2001 graduate of Grayling High School.

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# B SECTION SPORTS & RECREATION

Crawford County Avalanche

Fishing 7B

Thursday, May 13, 2004

► Varsity Baseball: Team falls at East Jordan – Page 5B

► Varsity Softball: Red Devils win 7-1, 11-10 – Page 4B

## JV Vikings split with East Jordan

Both baseball games decided by one run



Zac Baker pitches for Grayling's JV baseball team vs. East Jordan last Tuesday. The Vikings won the first game of the series 6-5, and East Jordan took the second game 8-7. For more, see Page 5B.

Softball team ends season with a victory

### Vikings win game two of series; team forced to end season early

The Vikings of Grayling High School split a junior varsity softball doubleheader with East Jordan last Tuesday in what was likely Grayling's last JV softball

series of the season. The team lost several athletes to ineligibility and does not have enough players to finish its 2004 campaign.

On Tuesday, the Red Devils won the first game of the series 10-5 and Grayling won the second game 14-5.

**Continued on Page 4B**

See "JV TEAM ENDS..."

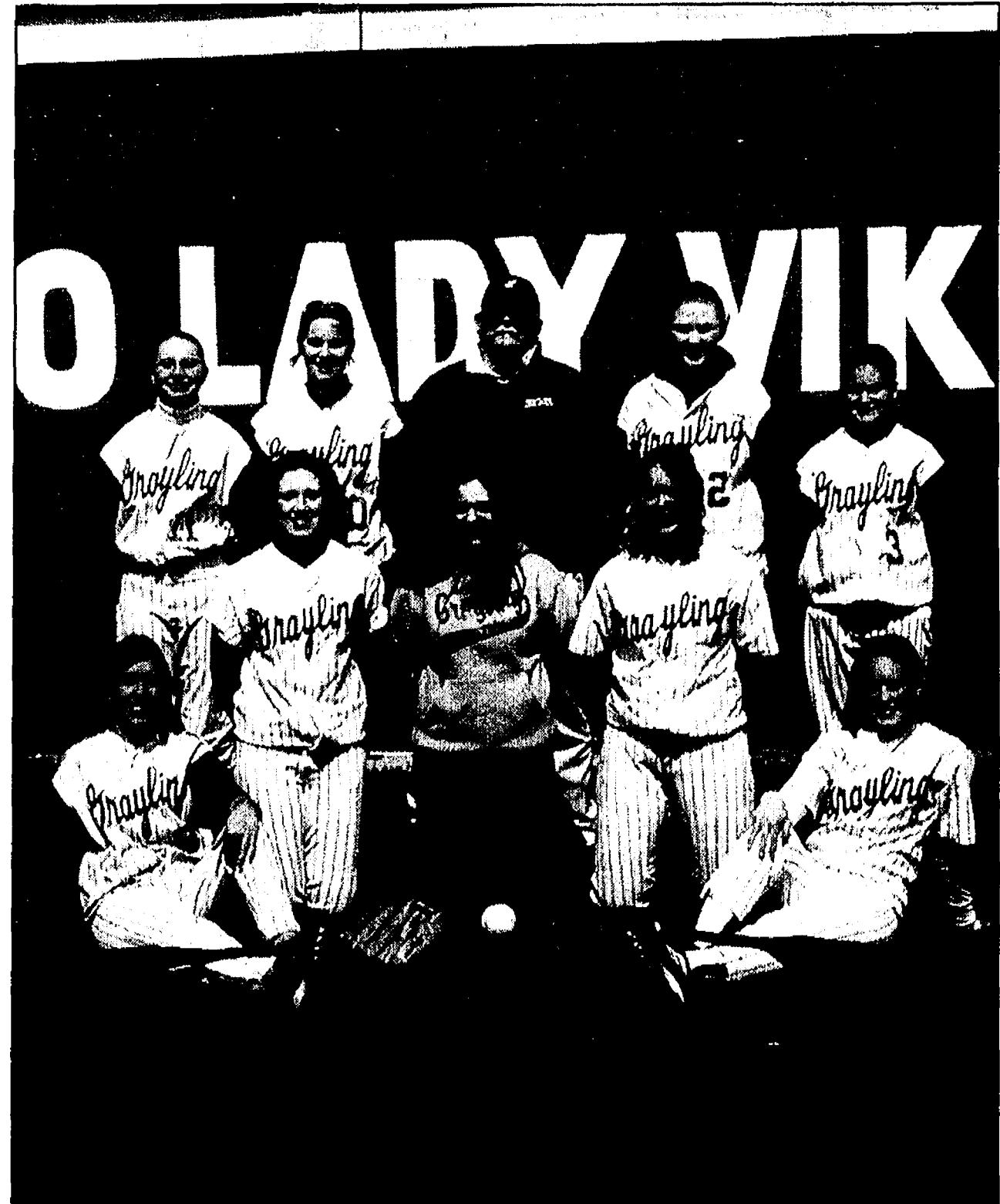


Trisha Peterson bats for the Vikings.

## Varsity, Junior Varsity Softball Teams



The 2004 Grayling High School varsity girls softball team: (front, left to right) Heather Metzer, Jessica Henderson, Emily Harvey; (middle, left to right) Ashley Prosser, Heather Vandecar, Skylynn Palmer, Erica Parker, Katie Baynham; (back, left to right) Chelsea Wolcott, Laura Gorski, Jenni Emmons, Kelly Dunckley, Samanthia Stephan, Coach Caleb Casey. Not pictured: Angeanette Lovely, Assistant Coach Tanya Wolcott, Assistant Coach Arica D'Amour.



The 2004 Grayling High School junior varsity girls softball team: (front, left to right) Monica Leslie, Amanda Moran; (middle, left to right) Maranda Shear, Ashley Bindschadl, Andrea Southard; (back, left to right) Tammy Boileau, Tequila Reynolds, Coach Loren Bass, Samantha Wilkerson, Trisha Peterson.

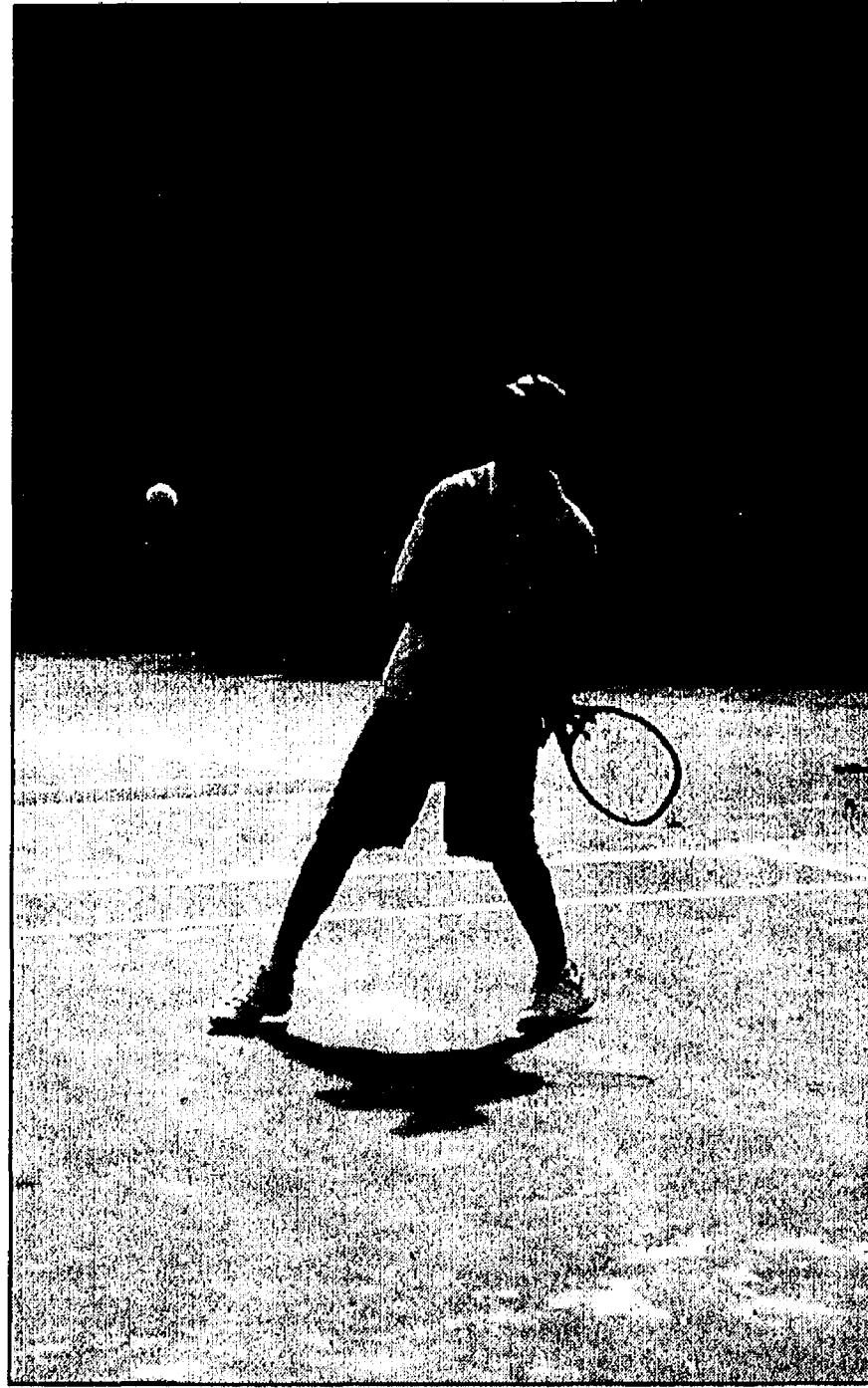
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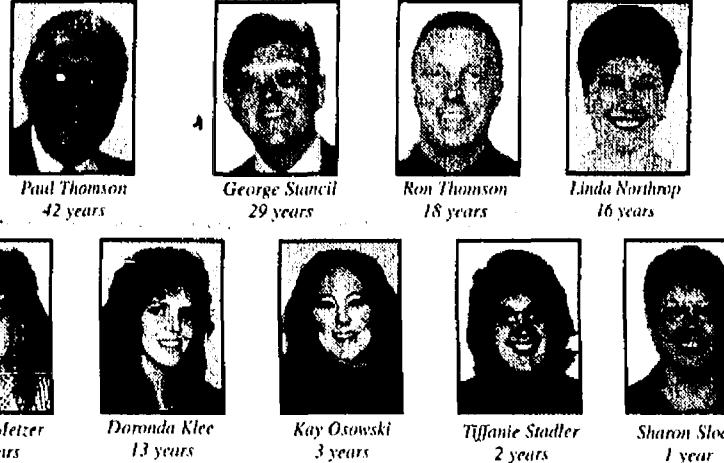
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Mattias Schafer (left) and Zeke Hayes (right) compete in singles matches for Grayling against Charlevoix.

## Tennis team battles Rayders

Charlevoix wins  
varsity tennis  
meet 6-2 on  
Friday at GHS

The GHS varsity boys tennis team lost a 6-2 battle against the Charlevoix Rayders last Friday at Grayling. The Vikings won matches at #1 doubles and #4 singles.

"We played the most competitive, intense tennis of the season today," Coach Joe Mau said. "The boys were really focused and played hard. We just didn't seem to play the important points well today — 30-30, 40-40, 15-30. If we can learn how to approach the key points in a game correctly, we'll string some wins together. Zeke Hayes played a great match at #4 singles and the #1 doubles team of Doug Slater and Jason Fekete had an awesome come-from-behind win."

Hayes (#4 singles) won his match 6-4, 3-6, 6-2. Slater and Fekete

Continued on Page 3B

See "TENNIS TEAM..."



Jason Fekete gets ready at the net while Doug Slater serves during a doubles match at last Friday's meet in Grayling.

## Sign up now for GRA T-Ball

2004 league is  
open to boys and  
girls in grades K  
through 2nd

The Grayling Recreation Authority 2004 Youth T-Ball

League is now accepting registrations. The league is open to boys and girls in grades K-2 (includes children going into kindergarten).

The league will run from May 29 to June 26. Sign-up fee is \$15. The fee includes team hat, tro-

phy, and certificate.

To register for GRA's 2004 Youth T-Ball League, complete the attached application and return it, with payment, to Grayling Recreation Authority, P.O. Box 361, Grayling, MI, 49738.

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CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE# HOME: \_\_\_\_\_ WORK: \_\_\_\_\_

NAME: FATHER \_\_\_\_\_ MOTHER \_\_\_\_\_

For Adults: Yes I would like to coach or assist with Youth T-Ball \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

The undersigned agrees to hold harmless, indemnify, and pay any attorney fees of the G.R.A. and the state of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at or use of the premises controlled by the G.R.A. In the event of an emergency, I give my permission to be placed under the care of a qualified doctor or nurse.

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## JV team ends season with a victory

Continued from Page 1B

In game one, Tequila Reynolds, Katie Baynham, Chelsea Wolcott, and Samantha Wilkerson all scored runs for Grayling.

Wolcott pitched for GHS, striking out 12 and walking 10.

In game two, Trisha Peterson scored four runs, Baynham scored three times, and Jessica Henderson, Reynolds, and Wolcott each scored twice. Maranda Shear scored one run for Grayling. Henderson, Reynolds, Wolcott, and Wilkerson all had RBI for GHS.

Baynham pitched the entire game for Grayling and picked up the victory. She struck out seven and walked five.

The JV team was scheduled to play in a tournament at Benzie Central on Saturday, May 8, but the event was rained out.



Jessica Henderson (left) and Tequila Reynolds (right) bat for the Vikings vs. East Jordan on Tuesday.



## Red Devils win varsity series 7-1, 11-10

**Varsity softball  
team loses by one  
run in game two  
of doubleheader**

Grayling High School's varsity softball team lost a pair of close games to the East Jordan Red Devils 7-1, 11-10 at East Jordan last Monday. The team's only other doubleheader of the week – a home series vs. Harbor Springs scheduled for Thursday – was rained out.

In game one of Monday's doubleheader, the Red Devils won 7-1.

"We played pretty well in this game. East Jordan's pitching and infielding were solid and we weren't able to get a whole lot going offensively, but we bat-

ted," Coach Caleb Casey said. Grayling scored its only run in the second inning. Ashley Prosser reached base on a walk, stole second base, and scored on a single by Jenni Emmons.

Leading hitters for Grayling were: Heather Vandear, 1 for 3 (double); Katie Baynham, 1 for 1 (double) with 1 walk; Emmons, 1 for 2, 1 RBI.

Chelsea Wolcott pitched for Grayling. She struck out seven and walked seven.

The Red Devils edged Grayling 11-10 in game two. The Vikings led 10-7 after the second inning, but East Jordan chipped away at the lead and won the game by one run.

"We had a couple errors on defense that hurt us. Late in the game, we had a couple close calls that didn't go our way and those didn't help either, but regardless of the outcome, this was a good day for us. The energy level was really high for this game and we battled to the very end. I'm proud of the girls for the way they played. We really needed to play well today to bounce back from a bad outing the week before, and I think we did that. We'll be in good shape if we can continue to play with the intensity we showed today," Coach Casey said.

Leading hitters for Grayling in game two were: Emmons, 2 for 3, 2 RBI, 1 run scored; Vandear,

nine batters and walked three, scattering four hits. "Katie pitched an excellent game. I was impressed," Coach Casey said. "She had to come into a tough situation, but she made the most of it and pitched great."

On Thursday, May 13, the Vikings play at Hillman. On Tuesday, May 18, the team plays at West Branch Ogemaw Heights.



Katie Baynham pitches for Grayling at East Jordan on Monday.

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### Wendy's

#### Vikings of the Week



Jenni Emmons  
Katie Baynham

Varsity Softball  
Coach: Caleb Casey

**JENNI EMMONS &  
KATIE BAYNHAM**

Jenni batted 3 for 5 with 3 RBI and 1 run scored in last Monday's series at East Jordan. Baynham pitched great in relief, striking out 9 and walking 3 in 4 and 2/3 innings of work on Monday. At the plate, she was 1 for 2 with 2 walks and 2 runs scored.

Katie Baynham pitches for Grayling at East Jordan on Monday.

## Track team competes in Mio Invitational

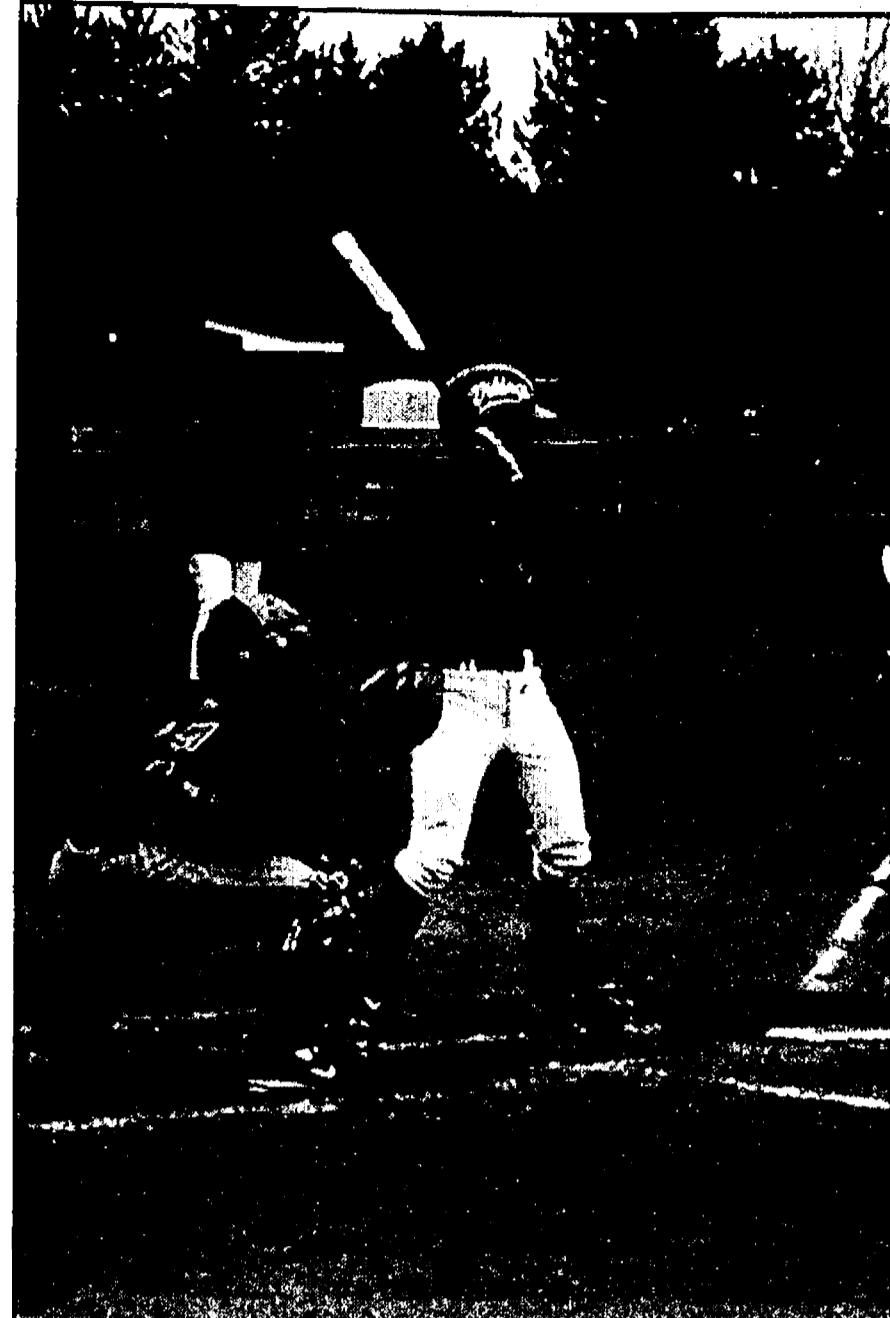
Grayling High School's girls track team placed 7th at the Mio Invitational on April 26.

Individual placements for the Vikings included: Ashley Hawley, Mandy Czapek, Jodi Riddle, Jenny VanNuck, 1st, thrower's relay; Hawley, Justine Tozer, Jill Seager, Krystal

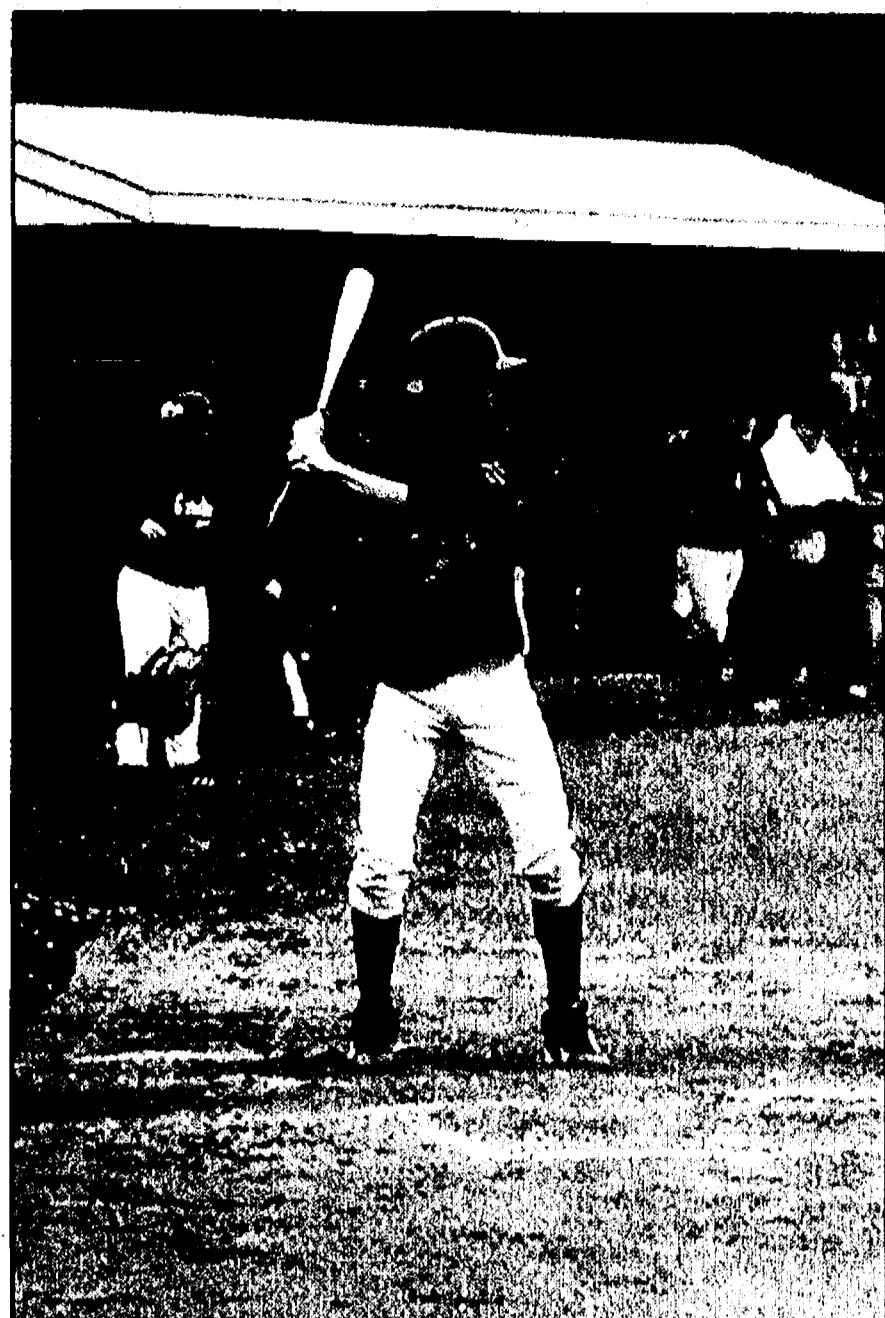
Babbitt, 2nd, 400m relay; Hawley, Erica Moggo, Seager, Babbitt, 3rd, 800m relay; Tozer, 4th, 300m hurdles; Hawley, 3rd, high jump.

The Vikings will compete in the Lake Michigan Conference Meet at East Jordan on Wednesday, May 19.

# JV baseball games decided by one run



Derek Etzler (left), Josh Mastej (right), and J.C. Schneider (above, right) bat for the GHS junior varsity baseball team vs. East Jordan on Tuesday. Grayling won game one of the doubleheader 6-5 and East Jordan won game two 8-7. The JV baseball team is 10-2 so far this season.



Ben Jones leads off at first base on Tuesday.

## Varsity team falls to Red Devils

### East Jordan wins game one 7-6, game two 11-6 on Monday night

The GHS varsity baseball team lost two games at East Jordan last Monday, including a 7-6 heartbreaker in game one of the doubleheader.

For Grayling, Ryan Davis and Roy Czapек combined for a four-hitter, striking out 10. East Jordan scored five unearned runs with help from five Grayling infield errors.

With the score tied at 6-6 after

six innings, the game went to a tiebreaker inning (with a runner placed at second and no outs to start). The Vikings advanced their runner to third but two ground-outs to the infield failed to score the runner.

East Jordan bunted their runner to third with one out. Grayling intentionally walked the next two batters to set up a force play. Czapек struck out the next batter, leaving the bases loaded with two outs. A passed ball resulted in the winning run scoring from third for East Jordan.

Leading hitters for Grayling

were: Gibson Tobin, 2 for 4; Joe Lange, 3 for 4; D.J. Metzer, 2 for 2 (double, home run) with 3 RBI and two walks (both intentional).

East Jordan won game two 11-6. The Vikings committed eight errors and eight of East Jordan's runs were unearned.

Leading hitters for GHS were: Metzer, 2 for 3 (double) with 2 RBI; Tobin, 1 for 3; Lange, 2 for 3.

The two losses dropped Grayling's season record to 5-5.

The Vikings play at Hillman on Thursday, May 13.



Greg Morrill bats for Grayling at East Jordan.

### Heads Up North

#### Viking of the Week



Varsity Baseball  
Coach: Bob Gorski  
**D.J. METZER**

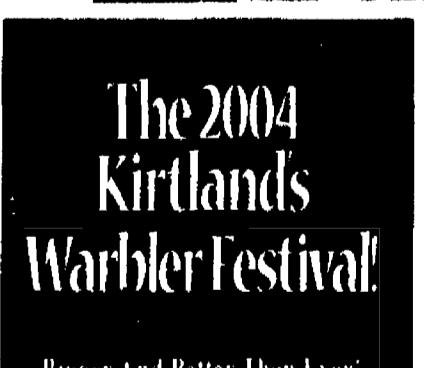
D.J. was 4 for 5 with two doubles, 1 HR, 5 RBI and two walks last week. Overall, he is hitting .307 (.17 for 28) with 9 RBI and 2 HR.



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The 2004 GHS girls soccer team: (front, left to right) Beth Lucey, Jessica Pfaff, Casey Mahaffy, Nicole Dixon; (2nd row, left to right) Jill Seager, Ashley Hawley, Michelle McGuire; (3rd row, left to right) Alex Fedak, Kassie McClain, Ellie Curriston, Vicki King, Elsye Zupko; (back, left to right) Coach John Haven, Chelsea Curriston, Kim Long, Jordyn Nadeau, Adrianna Voelker, Chelsea VanNuck, Coach Larry Moore.

## Soccer team edged by East Jordan

### Grayling loses one-point games to Red Devils, RHS Bucks

In a recent home game vs. East Jordan, the Grayling High School girls soccer team lost a close match 1-0.

The Vikings outshot the Red Devils 13-2 but failed to score.

"I really believe we outplayed East Jordan, especially in the first half. Ball movement was pretty good, but we just couldn't get it in the net. We were a bit sluggish in the second half,

allowing an East Jordan goal 20 minutes in. Generally, our defense - led by co-captains Jessica Pfaff and Casey Mahaffy - stayed strong," Coach John Haven said.

Michelle McGuire had seven shots on goal for the Vikings vs. East Jordan. Jill Seager, Jordyn Nadeau, Chelsea VanNuck, and Kim Long also had shots on goal.

On April 16, the Vikings lost by one goal, 2-1, at Roscommon.

"I really enjoyed this game. It was close and very exciting. A very physical game. Grayling and Roscommon each scored on a penalty kick. Although

Roscommon came out with the win, I was very proud of how these girls played, especially since it was the third game of the season," Coach Haven said.

Seager scored Grayling's only goal on a penalty kick. Goalkeeper Ashley Hawley had 13 saves.

Other scores for the GHS soccer team this year include: Harbor Springs 10, Grayling 0; TC Liberty (St. Francis and Christian) 10, Grayling 0; Houghton Lake 8, Grayling 0; Benzie Central 5, Grayling 1; Charlevoix 5, Grayling 0; Elk Rapids 6, Grayling 0.

"At this point last year, the mercy rule was used in all but two games. This year we have reversed that. I feel this team is making progress. The eight girls on the team that have never played before are big contributors. Kassie McClain is always aggressive on defense and forwards Jordyn Nadeau and Adrianna Voelker keep learning and improving their game. Midfielder Michelle McGuire has one goal and is our leading shot taker," Coach Haven said.

The Vikings will play at Standish Sterling Central on Thursday, May 13.

## Viking golfers win by 20 vs. Bucks

### Girls golf team places 5th out of 11 at tourney at Boyne Highlands

The Grayling Vikings defeated the Roscommon Bucks by 20 strokes - 221 to 241 - in a varsity girls golf meet last Monday at Grayling Country Club.

Individual scores included: Grayling - Mallory Olson, 53; Abby Wheeler, 54; Jessie Morley, 57; June Clark, 57; Nicole Reyes, 63; Roscommon - Justine Benford, 44; Lisa

Dossen, 55; Jackie Persondek, 60; Beth Freer, 82; Carla Nowak, 84. (Top four scores make up the team score.)

"While Rosco's Justine Benford posted a great 44 as an individual, it still requires a team effort to win and that's what the Vikings did on Monday. We knew going in that if we were going to be successful, we would need to improve our short game and each athlete was able to do that and reap the rewards," Coach Rebecca Brown said.

"I was really pleased with a 5th place finish because the caliber of competition was very impressive," Coach Brown said.

On Thursday, the Vikings placed 5th out of 11 teams at a tournament at Boyne Highlands.

Team placements included: 1st - Traverse City Central; 2nd - Hartland; 3rd - Traverse City West; 4th - Bay City Central; 5th - Grayling; 6th - Cheboygan; 7th - Petoskey; 8th - Sault Ste. Marie; 9th - Alpena; 10th - Big Rapids; 11th - Benzie Central.

"Also, we placed ahead of teams that had previously won against us. We had a lightning delay where we pulled all the golfers off the course. Jessie Morley took a 10 when she first went back but still posted a 105 and her personal best, which was the highlight for the team. All six girls had shining moments and that helped us to move up in the ranks."

The Vikings compete against Roscommon at Fox Run on Monday, May 17.

## GRAYLING COUNTRY CLUB NEWS

### By Donna Thomson Wednesday Ladies League

The Wednesday morning Ladies Golf League had their organizational meeting on May 5 at 8:30. There were about 25 gals present.

President Jeanette Kitchen welcomed all and then introduced her board for this year; Marilyn Hartman, Sally McNamara, Sandy Winkle, Rita McClain graciously accepted the position of Secretary and then Jeanette appointed Deanne Weiss to fill the vacancy on the board. This was necessitated by

the passing of Ilene Hatfield this past winter. Ilene was such a dear friend, who was so upbeat during her battle with cancer. She was a joy to golf with, had a lot of spunk and will truly be missed by all.

Our golf committee was then introduced and they are Mary Hamblin, Bev Zimmerman and Nancy Glaslee. Our golf committee members this year are Beverly McNamara, Joann Michal and Kathy Olson.

She then introduced our four new members, those being Jill Anderson, Melanie Richardson,

Juanita Brown and Kathy Olson. Welcome aboard. Kathy is taking over the hard job of putting our weekly play books together.

President Jeanette then asked Rob Lawe, our Pro-Shop Manager, to explain the ruling for the newly imbedded 155 yd. markers, so for those who were unable to attend the meeting, please check with him.

It was also announced that the Gray-Fox Challenge will be held on May 16 at Grayling Country Club. The sign-up sheet is in the clubhouse.

The "Rally for a Cure" Day has been tentatively set for June 23. Sherry Hanson volunteered to co-chair this event with Nancy Glaslee.

Our fun days are for the 12th and 19th with League Play to start on May 26. So gals, please be there on time and ready to tee-off at 9:30.

This year, for whatever reason, we have lost quite a few members and want you to know you are truly missed.

After our meeting adjourned at 9, a few went out and played, but when I can see my breath when I exhale, I knew it was too cold for me, so I waited until afternoon when the sun had warmed things up a bit. It was great to see our course in such great shape. Survived the winter better than ever.

Well my dear readers, you've got me for another year and I will do my best to keep you informed of all our fun and accomplishments.

That's all "fore" now.

### Holiday Inn

#### Viking of the Week



Girls Golf

Coach: Rebecca Brown

#### JESSIE MORLEY

Jessie is a dedicated athlete who is consistently lowering her scores. She provides key numbers at the team's #2 or #3 slot, which helped GHS win against Roscommon and place 5th against tough competition at the Petoskey Invitational last week. She also did an individual at the Petoskey tournament with a 105.

### Wendy's

#### Vikings of the Week



Casey Mahaffy

Jessica Pfaff

Varsity Girls Soccer

Coach: John Haven

#### CASEY MAHAFFY &

#### JESSICA PFAFF

Casey, the team's stopper and co-captain, has the ability to stop the attacker, take the ball, dribble up field, and clear the ball with a strong kick. She's a natural leader on and off the field. Jessie is the team's sweeper. On the field, not much can get by Jessie. She directs the defense and has a strong sense of the game.



Trout fishing on the Manistee River

## Grayling area welcomes back trout anglers for another season

### Fishermen use different flies during different times of year

For the dedicated fly fisherman, trout season is the equivalent of opening day at Detroit's Comerica Park, the Super Bowl, the NCAA basketball tournament and the World Series, combined.

"Armed with the essentials, thousands of anglers head to Grayling, Michigan -- trout angling's nirvana -- to experience the magic of fishing the AuSable and Manistee Rivers, two of the most storied trout streams in the Eastern United States," said Ilene Geiss-Wilson, Grayling Visitors Bureau Executive Director.

Often, anglers come armed with hundreds of fly patterns to try to "match the hatch," by using trout flies that imitate the mayflies, caddis flies and stone flies that the brown, brook and rainbows of the rivers feed on. However, with a little knowledge of entomology, they can zero in on some basic patterns and lighten their loads.

First, a little bit on trout fly nomenclature for the neophyte angler. A nymph is the underwater stage of a mayfly. Nymphs can live on stream bottoms or vegetation up to two years. A "dun," in troutspeak, refers to the mayfly just hatched from its nymph stage. They float on the river's surface usually with blue-gray wings that appear like sails before flying into the trees. In the

"spinner" stage, flies return to the water to lay their eggs and die to complete their life cycles. Caddis and stoneflies live underwater as well. Caddis larvae build tiny homes out of sticks, stones and other flotsam. Stonefly nymphs live on the river bottom.

Caddis emerge like mayflies, but their wings are folded against their bodies like a tent. Stoneflies crawl out of the water onto stones, trees or pilings to emerge as winged insects and also have folded wings. All three are harmless to humans.

One common trait to remember, Geiss-Wilson says, is that flies usually hatch and trout usually surface feed most actively during the most pleasant time of the day -- or night. However, trout consume a majority of their food as it drifts by as nymphs or emerging mayflies, caddis and stone flies. Armed with that knowledge, here's a brief timeline of major Grayling-area fly hatches:

**Now through mid-May** -- Hendrickson fly. Created to imitate the first major mayfly hatch of the season. When water temperature reaches the mid-50s in late April to mid-May, flies generally emerge in afternoon with the egg-laying "spinner" stage falling on the water around 5 p.m. and tied in hook size 14 to 16. Try the AuSable's Main Branch and the Manistee.

Emerging at the same time is the mahogany dun or blue dun, a larger (size 12 to 14) fly that often hatches into June, along with gray-black-bodied caddis

flies in sizes 16 to 18, and dark-bodied stone flies.

**Late May through early June** -- Smaller "sulphur" mayflies predominate in afternoon and evenings, so named because of their greenish-yellowish bodies, usually in hook sizes 16 to 18. Early- to mid-June also starts the height of the season with the emergence of the brown drake mayfly, usually on hook size 10 to 12. Along with the mahogany, this is the first major evening hatch, often from dusk to late evening. Best rivers include the AuSable's North and South Branches and the Manistee.

Also emerging is the green-bodied caddis fly and "yellow sally" stonefly, with yellowish body, generally in sizes 18 to 16. **Mid-June through mid-July** -- Along with an appearance by flies with common angler names as the ginger quill and light Cahill, the king of Michigan's mayflies arrives on the scene. The giant Michigan mayfly (hook sizes 4 to 8, usually on a longer-shanked version) is the largest to hatch on the AuSable. Living for two years in muddy banks, it finally emerges and the river's largest trout lose all abandon to gorge on these flies. Often, you'll hear big fish actually slurping or sipping in flies as they float by or gather at log jams, which make great trout feeding stations. Also called fish flies in some parts of Michigan, they both hatch and lay eggs in late evening to early morning.

Flies usually emerge from late evening to early morning and anglers often look like miners going to work because of the lights they wear to find their ways.

Best rivers for the "hex" hatch include the Manistee and the AuSable's South Branch. Also emerging in mid-morning is the blue-winged olive in hook size 16-18.

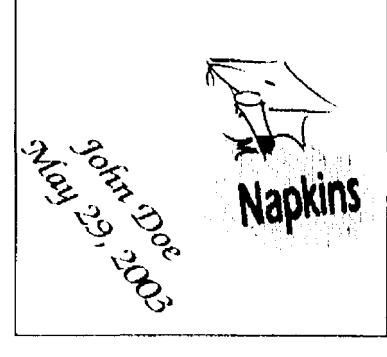
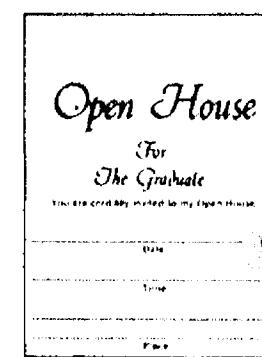
**July and August** -- Flies will be active in both early morning and evening. In the morning, look for the tiniest flies to emerge, in hook size 22-28, and known as tiny white-winged blacks, or "tricos." Emerging in evening is the pseudocloeon or tiny olive, in hook size 24, along with mahogany, snow and gray drakes mayfly.

Caddis and stoneflies to emerge in the afternoon and evenings include cream and yellow varieties in hook sizes 12 to 16.

## WE CAN HANDLE ALL Your Graduation Needs



John Doe  
May 29, 2004



Open: Monday thru Friday  
9 am to 5 pm

CRAWFORD COUNTY  
**AVALANCHE**  
102 Mich. Ave. • Grayling • 348-6811

**River House Shelter**  
& Domestic Crisis Service  
Serving Crawford, Roscommon,  
Oscoda & Ogemaw Counties

**Healthy Relationship Groups**  
**Healthy Self Group**  
**Alternative to Abuse Program**  
(989) 348-3169 or (888) 554-3169

**The Great Florida Teach In**  
June 14-15, 2004  
Doubletree Hotel at the entrance to Universal Orlando  
(Formerly Radisson Hotel Orlando)

Florida needs teachers in math, science, reading, ESE, ESOL, foreign languages and technology education. Positions are available in urban and rural districts. The Teach-In provides a convenient, cost-effective forum for teachers seeking employment opportunities in Florida to meet with school district personnel.

For more information call: 800-Teach-FL (800-832-2435)  
e-mail: [edrecruit@fldoe.org](mailto:edrecruit@fldoe.org)  
visit: [www.TeachInFlorida.com](http://www.TeachInFlorida.com)

## Grayling Insurance Agency

Representing  
• Citizens • Auto Owners  
• Property Mutual Insurance Co.  
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• Michigan

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### STATE OF MICHIGAN IN THE CIRCUIT COURT FOR THE COUNTY OF CRAWFORD

#### ORDER FOR ALTERNATIVE SERVICE BY PUBLICATION

DUANE R. DZIEWIT and DEBORAH M. DZIEWIT, husband and wife Plaintiff File No. 03-6249-CH

vs GRAYLING LAND COMPANY TRUST and CAROLYN M. HALL LIVING TRUST and KAY V'SOSKE, and JANICE L. V'SOSKE, Defendant

At a session of said Court held in the City of Grayling, County of Crawford, State of Michigan, on this 12th day of April, 2004.

PRESENT: HONORABLE DENNIS F. MURPHY, CIRCUIT COURT JUDGE BASED UPON the filing and reading of Plaintiff's Ex Parte Motion for Alternative Service of the Complaint as to the Defendants, GRAYLING LAND COMPANY TRUST, CAROLYN M. HALL LIVING TRUST and KAY V'SOSKE, and this Court being fully advised in the premises; NOW THEREFORE,

IT IS ORDERED THAT this Order be published in the newspaper in the Crawford County Avalanche, once each

Mortgagee  
PETER M. SCHNEIDERMAN & ASSOCIATES, P.C.  
3030 Northwestern Highway,  
Suite 222  
Farmington Hills, Michigan 48334

-13-20-27-3-10

week for three consecutive weeks directing the Defendants as follows:

TO THE DEFENDANT, GRAYLING LAND COMPANY TRUST, CAROLYN M. HALL LIVING TRUST and KAY V'SOSKE

1. You are being sued within the Circuit Court for the County of Crawford, State of Michigan;

2. The names of the parties are: Plaintiffs, DUANE R. DZIEWIT and DEBORAH M. DZIEWIT and Defendants, GRAYLING LAND COMPANY TRUST, CAROLYN M. HALL LIVING TRUST and KAY V'SOSKE.

3. These proceedings are a claim of Plaintiff seeking mandatory injunction relief.

4. That an answer needs to be filed within 28 days at the Crawford County Circuit Court, 200 W. Michigan Ave, Grayling, Michigan, 49738, or other action permitted by law or court rule must be taken.

5. That a failure to answer or to take other action will result in a default being filed against the Defendants, GRAYLING LAND COMPANY TRUST, CAROLYN M. HALL LIVING TRUST and KAY V'SOSKE.

Dated: April 12, 2004  
Honorable Dennis F. Murphy  
Circuit Court Judge  
Monte J. Burmeister P48732  
The Law Office of Monte J. Burmeister, PLLC

108 E. Michigan Ave., P.O. Box 585  
Grayling, MI 49738

PH: 989-348-7114

-29-6-13

## Grayling Township Notice

Please be notified the Planning Commission will hold a public hearing on May 25, 2004 at 7:00 p.m. in the Township Meeting Room, 2090 Viking Way, to hear the following

Case #04-1SD

Lovell M Nephew

3907 Juniper Way

Grayling, MI 49738

44-033-02-060-00

3488 Jones Lake Rd.

T27N, R3W, Sec. 33

R-F Zone

A request for a Special Determination Permit to allow a split of 1.25 acres from an existing 4.25 acre parcel.

Tentative text and zoning maps may be examined at the Township Office during regular business hours.

Comments concerning Planning Commission requests may be made in person at the public hearing, or in writing if signed and dated to: Grayling Township, P.O. Box 521, Grayling, MI 49738. Telephone (989) 348-4361. No unsigned letters or telephone messages will be considered.

**STATE OF MICHIGAN  
46TH CRAWFORD COUNTY  
JUDICIAL CIRCUIT  
ORDER FOR SERVICE BY  
PUBLICATION/POSTING  
AND NOTICE OF ACTION**

200 WEST MICHIGAN AVENUE  
GRAYLING, MICHIGAN 49738  
(989) 348-2841

Case No. 04-6365 DO  
CHRISTINE LYNN SMITH  
1946 Pine Pt. Dr.  
Grayling, MI 49738  
(989) 344-8279

RANDY CHRIS SMITH  
(Address not known since 1980)  
TO: RANDY CHRIS SMITH  
IT IS ORDERED:

1. You are being sued by Plaintiff in this court for a Divorce. You must file your answer or take such other action permitted by law in this court at the court address above on or before May 30, 2004.

If you fail to do so, a default judgment may be entered against you for the relief demanded in the complaint filed in this case.

2. A copy of this order shall be published once each week in Crawford County Avalanche, Grayling, MI, and proof of publication shall be filed in this court.

3. CHRISTINE LYNN SMITH shall post a copy of this order in the courthouse.

Dennis F. Murphy P31907

4/21/04

-6-13-20

**STATE OF MICHIGAN  
IN THE CIRCUIT COURT  
FOR THE COUNTY OF  
CRAWFORD**

**WARBLER'S HIDEAWAY  
ASSOCIATION, PLAINTIFF  
VS FILE NO. 03 6184 CH  
Allen and Dawn Bastien, Joey  
Harrell, Glen C. Mast, Joe McKean,**

**Karen Rasey, F. Allen Schmidkapp,  
Raymond Wise, Thomas Wibrook,  
DEFENDANTS**

**David R. Sabis P19822  
Attorney for Plaintiff  
115 Michigan Avenue  
Grayling, MI 49738  
989/348-5588**

**Notice of Sale**

NOTICE IS GIVEN that by virtue of a Judgment of the Clerk of the Court for the County of Crawford, Michigan, dated April 5, 2004, directing the sale of the following-described properties, all of which are located in Warbler's Hideaway Association, Lovells Township, Crawford County, Michigan, I shall offer the said properties for public sale to the highest bidder at the front door of the Courthouse at 200 West Michigan Avenue, Grayling, Michigan in Crawford County, that being the place of holding the Circuit Court on Friday, May 28, 2004 at 10:00 a.m.

Lot No. Subdivision

436 Warblers Hideaway No. 3  
11 Warblers Hideaway  
216 Northern Heights  
163 Warblers Hideaway  
563 Warblers Hideaway No. 4  
308 Warblers Hideaway No. 2  
486 Warblers Hideaway No. 4  
218 Warblers Hideaway  
290 Northern Heights No. 2  
Karen Martella, Chief Deputy  
Clerk of the Circuit Court

4/26/04

-6-13-20-27

**Notice Of  
Mortgage  
Foreclosure Sale**

THIS FIRM IS A DEBT COLLEC-

**TOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.**

**ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.**

**MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Keith Wade Confere a/k/a Keith Confere, a single man, original mortgagor(s), to Mortgage Electronic Registration Systems, Inc., Mortgagee, dated June 28, 2002, and recorded on July 23, 2002 in Liber 589 on Page 480, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Thirty-Five Thousand Five Hundred Sixty-Seven And 99/100 Dollars (\$35,567.99), including interest at 7% per annum.**

**Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 16, 2004.**

**Said premises are situated in Township of South Branch, Crawford County, Michigan, and are described as: That certain parcel of land located within the Northeast 1/4 of the Southeast 1/4 of Section 11, Town 26 North, range 1 West. Bounded by a line beginning at a point 50 rods South and 30 rods West of the 1/4 corner at the Northeast corner of said 40 acres tract; thence running west 10 rods;**

**As no suit or other legal proceedings have been filed to recover the debt**

**thence South 14 rods; thence East 10 rods; thence North 14 rods; to the point of beginning.**

**The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.**

**Dated: May 13, 2004**

**For more information, please call:**

**FC X 248,593,1302**

**Trott & Trott, P.C.**

**Attorneys For Mortgage Electronic**

**Registration Systems, Inc.**

**30400 Telegraph Rd Ste 200**

**Bingham Farms, Michigan 48025-**

**5822**

**File #023731F01**

**-13-20-27-3**

**Notice Of  
Mortgage  
Foreclosure Sale**

**Default having been made in the terms and conditions of a certain mortgage made by Randall Keith West, a/k/a Randall K. West, and Sheri Marie West, husband and wife, of 10446 Regimental Way, Grayling, Michigan 49378-6741 to FIRST NATIONAL BANK OF GAYLORD, of 501 W. Main St, P.O. Box 310, Gaylord, Michigan 49735, dated June 5, 2000, and recorded in the office of the Register of Deeds for the County of Crawford, and State of Michigan, on July 6, 2000 in Liber 0511 Pages 223 through 226, Crawford County Records, and which there is claimed to be due at the date of this notice, for principal, interest and late fees, the sum of \$94,203.31.**

**The premises are described as follows:**

**Land situated in the Township of**

**Grayling, County of Crawford, State of**

**Michigan, described as follows:**

**Lots 8,9,10,11,12,13,14, and 15, Block**

**13 of Portage Heights, Township of**

**Grayling, Crawford County, Michigan, according to the plat thereof recorded in**

**Liber 1 of Plats, Page 23, Crawford**

**County Records.**

**The redemption period shall be six (6)**

**months from the date of such sale, unless**

**the property is determined abandoned in**

**accordance with MCL 600.3241a, in**

**which case the redemption period shall be**

**thirty (30) days from the day of the sale.**

**Dated: April 7, 2004**

**Sandra L. Jasinski (P37430)**

**Debt Collector for First National Bank**

**of Gaylord**

**229 Court Street, P.O. Box 405**

**Cheboygan, MI 49721**

**(231)627-4351**

**-15-22-29-6-13**

**MORTGAGE  
SALE**

**THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.**

**Default has been made in the conditions of a mortgage made by David Zarnick, a married man, joined by his spouse, Sharon K. Zarnick, to Westmark Mortgage Corporation, mortgagee, dated March 8, 1999 and recorded May 12, 1999 in Liber 481, Page 262, and Scrivener's Affidavit to correct the legal description Dated 2/12/04 and recorded 2/23/04 in Liber 666 page 465, Crawford County Records. Said mortgage is now held by DEUTSCHE BANK NATIONAL TRUST COMPANY AS TRUSTEE, FKA BANKERS TRUST COMPANY OF CALIFORNIA, N.A. AS TRUSTEE by assignment dated March 24, 1999 and recorded on July 12, 2000 in Liber 511, Page 252, Scrivener's Affidavit to correct the legal description submitted to and recorded by Crawford County Records Crawford County Records. There is claimed to be due on such mortgage the sum of Thirty-Five Thousand Seven Hundred Forty-Two and 74/100 Dollars (\$35,742.75) including interest at the rate of 12.625% per annum.**

**Under the power of sale contained in the mortgage and the statutes of the State of Michigan, notice is hereby given that the mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on June 2, 2004.**

**The premises are located in the Township of Grayling, Crawford County, Michigan, and are described as:**

**The West 1/2 of the West 1/2 of the Northeast 1/4 of the section 17, town 26 north, range 2 West, lying on the South side of Highway M-72.**

**The redemption period shall be 12 months from the date of such sale, unless the property is determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of the sale.**

**TO ALL PURCHASERS: The foreclosing mortgagee can rescind the sale in the event a 3rd party buys the property and there is a simultaneous resolution with the borrower. In that event, your damages, if any, are limited solely to the return of the bid amount tendered at sale.**

**Dated: April 29, 2004**

**ORLANS ASSOCIATES PC**

**Attorneys for DEUTSCHE BANK NATIONAL TRUST COMPANY AS TRUSTEE, FKA BANKERS TRUST COMPANY OF CALIFORNIA, N.A. AS TRUSTEE , As Assignee**

**P.O. Box 5041**

**Troy, MI 48007-5041**

**(248) 457-1000 File No. 199.1415**

**JM**

**-29-6-13-20-27**

**NOTICE TO BIDDERS**

**The Crawford County Road Commission will receive sealed bids until 10:00 a.m. (for a bid opening during the regular meeting) on Thursday, May 20, 2004, at their Grayling office located at 500 Huron Street, PO Box 648, Grayling, MI 49738-0648, for furnishing the following materials:**

**23-A Modified Crushed Gravel**

**Gravel to be made to Crawford County Road Commission specifications. Contractor will be required to furnish clay or any material deemed necessary to accommodate the specification. Cost of furnishing these materials shall be incidental to gravel production. Material shall be produced and stock piled at the following location on or before July 1, 2004:**

**10,000 ton @ Lovells Pit: T28N, R2W, W 1/2, of section 24, Lovells Township.**

**10,000 ton: within the proximity of T25N, R3W, Beaver Creek Township or T26N, R3W, Grayling Township.**

**Specifications may be obtained by contacting the Crawford County Road Commission at the above address. bids must be sealed in an envelope and clearly marked as "23A Modified Gravel Bid".**

**The Board reserves the right to reject any or all bids, to add or delete quantities, to waive informalities in the bids and to award the bid deemed to be in the best interest of Crawford County.**

**Board of Crawford County Road Commissioners**

**Ken Riehle, Chairman  
John Hartman, Vice-Chairman  
Jim Burch, Commissioner**

**PROPERTY OWNERS**

**WITHIN 300 FEET**

**NOTICE OF PUBLIC HEARING**

**A Public Hearing of the Crawford County Zoning Board of Appeals will be held on Thursday, May 20, 2004 at 7:00 pm in the Circuit Court Room of the County Building.**

**The purpose of the Public Hearing is to hear comments on:**

**Case# PB040058 Request several set back and variances on an existing corner lot. Corner of Wagner & Scenic Way - South Branch Twp.**

**Petitioner: Scott Brenner  
P.O. Box 103  
Olivet, MI. 49076**

**The above case refers to the following described property:**

**10905 Wagner Lane  
Roscommon, MI. 48653**

**Property Code: 064-400-000-740-00**

**Zoning District: LD-R**

**All documents are available for review at, and comments should be sent to:**

**Crawford County Building & Zoning Department  
200 W. Michigan Ave. - Annex Building  
Grayling, MI 49738**

**Joseph Duran - Director**

# LAST DAY OF REGISTRATION SCHOOL ELECTION

## NOTICE OF LAST DAY OF REGISTRATION OF THE ELECTORS OF CRAWFORD AuSABLE SCHOOL DISTRICT CRAWFORD, OTSEGO AND KALKASKA COUNTIES, MICHIGAN

### TO THE ELECTORS OF THE SCHOOL DISTRICT:

Please Take Notice that the regular school election of the school district will be held on Monday, June 14, 2004.

**THE LAST DAY ON WHICH PERSONS MAY REGISTER IN ORDER TO BE ELIGIBLE TO VOTE AT THE REGULAR SCHOOL ELECTION CALLED TO BE HELD ON MONDAY, JUNE 14, 2004, IS MONDAY, MAY 17, 2004. PERSONS REGISTERING AFTER 5 O'CLOCK IN THE EVENING ON MONDAY, MAY 17, 2004, ARE NOT ELIGIBLE TO VOTE AT THE REGULAR SCHOOL ELECTION.**

To register, visit any Secretary of State branch office or your county, city or township clerk's office. Persons planning to register with the respective county, city or township clerks must ascertain the days and hours on which the clerks' offices are open for registration.

This notice is given by order of the board of education.

James E. Tobin  
Secretary, Board of Education

### ADDENDUM



# ADVERTISING CLASSIFIED

## Crawford County Avalanche

**Classifieds must be paid for in advance**  
**Display Advertising Rate - \$6.90 per column inch**  
**Deadline for Display Classifieds - 12 noon, Monday**  
**Classifieds by the word rate - \$5.00 for 15 words or less, 10¢ per each additional word; includes Internet listing: [www.townnews.com/avalanche](http://www.townnews.com/avalanche)**  
**Classified by the word deadline - 12 noon, Tuesday**

### 1. Real Estate

3 BEDROOM, 2 BATHS, 1 car garage, storage shed, 1/2 acre, close to town. Must see to appreciate. \$87,500. Call 989-889-5101. (4/1/04tf/1)

### 1. Real Estate

10 HEAVILY WOODED hilly acres on paved road. 24 x 32 pole barn, electric. Old 612 Lovells. Walk to North Branch AuSable \$49,000. 989-344-8032. (-29-13-20/1)

### 1. Real Estate

HOUSE FOR SALE 3 bedroom, full basement, partially finished carport. Great subdivision, 1 1/2 miles from town. 348-9703 or 989-915-1370, after 6 pm. (SGF-6-13/1)

### 1. Real Estate

NEW CUSTOM BUILT HOME on 2.25 acres, ranch, three bedroom, two bath, 28 x 28 garage, custom oak cabinets throughout, oak flooring, ceramic, cathedral ceiling. Anderson windows, close to holy waters of AuSable River, must see for \$140,000. 348-5372. (-LR6/17/04/1)

### 1. Real Estate

FOR SALE BY OWNER 3 bedroom ranch style, big garage and breezeway attached. Karen Woods subdivision. Price reduced to \$121,000. 6152 Sam Road (989) 348-2431 or (906) 477-6861. (-15-22-29-6-13-20-27/1)

### 1. Real Estate

### 1. Real Estate

### 1. Real Estate



CHARLENE SCHEER  
Realtor / Owner  
RE/MAX of Grayling



EACH OFFICE INDEPENDENTLY OWNED & OPERATED



CRAIG HINKLE  
Realtor



GUTHRIE LAKES LOT #651 Nice mixture with hardwoods and an excellent location to build. Association dues \$250 per year. Electricity at road, blacktop, 15 minutes North of Grayling and 15 minutes South of Gaylord. Great opportunity for property owner to enjoy clubhouses, swimming pool, beach and dock, beach and play area, park and picnic tables, nature area, volleyball court and much more. CS-1625 \$8,000



SURROUNDED WITH HARDWOODS New home with 3 bedrooms, 2 full baths and detached garage. Master Suite offers garden tub, separate shower and skylight. Kitchen offers granite counter tops with island, bar, garbage disposal, refrigerator with ice and water maker, range, dishwasher and microwave. Washer and dryer. Poured ceilings. Oak entertainment center in living room. Immediate Possession at Closing. CS-1793 \$56,900



3 Bedroom, 2 bath home offers 1056 square feet and detached garage. In the village of Roscommon. Sits at end of a semi private road. Property also includes a cabin that is currently being rented out. Great Investment Property. Roscommon area. \$82,000.00 CS-1852



Reach for the affordable! 2 bedroom, 1 full bath offers 984 square feet of living space. Open floor plan to kitchen, dining and living room. Beautiful oak kitchen cabinets with ample space. Vinyl windows throughout. Apartment size refrigerator, range, dishwasher, washer and dryer. Built in wall air conditioner. Very neat and clean. Turn Key. 2 storage buildings. Close to Manistee River and State Land. \$59,000.00 CS-1925

**Above the Crowd!**®



SPACIOUS HOME IN EAST BRANCH ESTATES features beautiful towering pine trees in a park-like setting. This 2080 s.f. 4BR/2BA home includes a remodeled family room, updated roof, water softener, all appliances, and two woodburners. Priced right and conveniently located. CH-1933 \$74,900



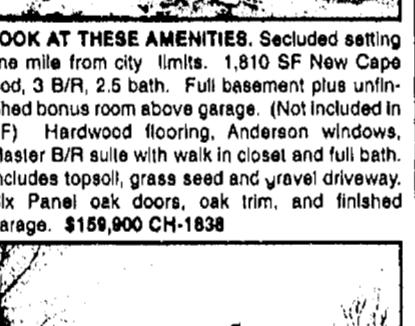
Custom ranch ONLY 3 YEARS NEW! 13.3 acres. Very secluded setting with long circle drive. Vinyl decking and rails. Finished/heated 3 car garage. Six panel doors. 9 ft. French doors onto deck. Vaulted ceiling with 3 remote skylights. 5 piece master bath. Extensive ceramic tile and Berber carpet. Custom light fixtures. Inflow H/W heat. Screen porch off Master B/R suite. Septic and water hookups for RV. Include riding snow blower and lawn mower. CH-1822 \$239,000



LOOK AT THESE AMENITIES! Secluded setting one mile from city limits. 1,810 SF New Cape Cod, 3 B/R, 2.5 bath. Full basement plus unfinished bonus room above garage. (Not included in SF) Hardwood flooring, Anderson windows, Master B/R suite with walk in closet and full bath. Includes tops, grass seed and gravel driveway. Six panel oak doors, oak trim, and finished garage. \$159,900 CH-1638



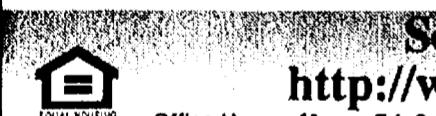
CUSTOM CEDAR SIDING ON 1.1 ACRE OF BEAUTIFUL HARDWOODS Quality Cedar Home located close to town. 3 B/R, 3 baths and a 25x25 basement. Floor plan features a 45 foot span from the split stone fireplace in the living room through to the dining area. Lots of closet space and a large finished 2 car attached garage. All furnishings available. CH-1901 \$159,950



3 B/R HOME WITH STUDIO/GUEST HOUSE Freshly remodeled and redecorated country home. 1,515 s.f., 3 B/R, 2.5 bath. Full basement plus unfinished bonus room above garage. (Not included in SF) Hardwood flooring, Anderson windows, Master B/R suite with walk in closet and full bath. Includes tops, grass seed and gravel driveway. Six panel oak doors, oak trim, and finished garage. \$159,900 CH-1638



NICE CORNER LOT WITH CLEARED BUILDING SITE Close to all recreational areas. Located nice development with club house and for members. Association dues \$150.00 CS-1870 \$10,000



See us on the Internet  
<http://www.remaxofgrayling.com>

Office Hours: Mon. - Fri. 8 a.m. to 5 p.m. Sat. 9 a.m. to 5 p.m. Sunday by appointment only

**(989) 348-7440**

**RE/MAX of Grayling**

5728 M-72 West

**800-731-4002**

You're #1 With Us

## RESIDENTIAL LISTINGS



COMPLETELY FURNISHED HOME ON BEAR LAKE. This 3BR, 2.5 bath vacation rental resort home with an awesome view is completely furnished and sits on Eleonor Bay. Includes wrap-around decking, 2 docks, boat lift, 20' boat house, 20' hard wood floors. You can drive to the bay, and also have a shared access on Bear Lake. \$289,000. #232123



LOVELY HOME ON 10 ACRES This is a wonderful updated 2 bedroom home on 10 acres, has a full walk-out basement and a second garage that is 36'x24'. Attached to state land and all access trails to Blue and Bear Lake. Cub Lake is just across the street. \$209,000 #232122



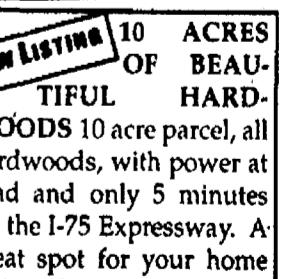
COZY HOME ON 6.1 ACRES Nice 2 bedroom, 1 bath home, knotty pine interior. 24'x30' attached garage and 24'x24' detached and heated garage with 220 hook-up. Wall air conditioner, newer hot water heater, flower gardens, and much, much more. All on 6.1 acres. \$87,900 #232108



NICE HOME IN THE COUNTRY This well cared for 2BR, 1 bath home offers country living and many amenities. Metal roof, finished basement, new master bedroom, new exterior windows, new front door, and a separate garage area with several outbuildings with lean-to's and a 12'x24' woodshed. Enjoy the trails through the woods. \$99,000 #232076



LAKE FRONT LOT PLUS 40 ACRES Beautiful lot with 52' of frontage on Kneff Lake. Great swimming lake and excellent trout fishing. Also includes 40 acres of good deer hunting land and a 1/16 ownership in a common 40 acres. \$144,000 #232125



BEAUTIFUL 10 ACRE PARCEL Here is the perfect hunting acreage or place to build that beautiful log home. State land on the West. \$21,900 #227231



COTTAGE ON LAKE MARGRETHE Unique 3BR, 1 bath summer cottage on Lake Margrethe. Part of Portage Lake Park Company (commonly known as Danish Landing), this opportunity rarely comes along. Spend the summer enjoying the lake and all it has to offer. \$150,000 #232094



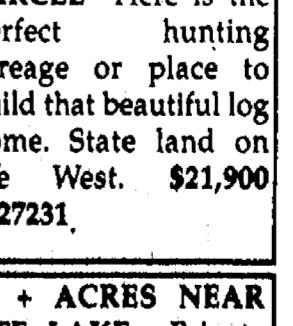
LARGE HOME IN THE CITY Ready to move into this 3 bedroom, 1 bath home has freshly painted rooms and new floor coverings in kitchen, dining room, and mud room. Enjoy a large yard on a corner lot. Partial basement could be finished for additional space. Home Warranty included. See your licensed real estate agent. Priced to sell! \$169,000 #228177



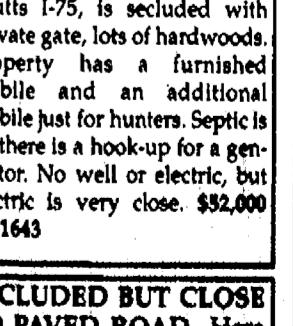
NEWER HOME WITH CUSTOM DETAILING This 3 bedroom, 2 bath cedar-sided home is situated on a cul-de-sac in a very nice subdivision with mature trees. The home has a gas fireplace, Berber carpet, quarry tile, hickory cabinets with custom detailed counter tops, cedar deck and lots of extra



BEAUTIFUL LODGE Dragonfly Lodge in Higgins Lake. An extraordinarily comfortable and modern place to stay while visiting family, vacationing, or just experiencing and enjoying the wonder of the sixth most beautiful lake in the world! \$169,000 #220064



10 + ACRES NEAR FIFE LAKE Private wooded 10+ acre parcel in Northern Michigan. Great for hunting or recreation and close to Fife Lake recreational areas. \$35,000 #231404



SECLUDED BUT CLOSE TO PAVED ROAD Here is that perfect 2.5 acre get-away spot that adjoins state land to the North. Sits back on a 2-track road with a locked gate, Septic, and well on site, but not guaranteed. Adjacent 2.5 acres available. \$16,900 #228116

### COLDWELL BANKER

I-75 Business Loop  
(South)-Grayling  
989-348-6481 • 800-300-6653

### CORNELL REALTY

10961 M-72 SE  
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231-258-7945 • 800-798-7945

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### C



**I CHARGE BY THE** job, not by the hour. Yard work, raking - mowing. Wash and wax cars, trucks, and vans. All the same price and interior cleaning, etc. 348-5081. (-13/4)

**STUMP GRINDING** at reasonable prices. Phone 348-8066. (-4/29/04tf/4)

**IT'S MOTHER'S DAY** all month long at Day's Inn Grayling! Treat mom to a night away, complete with sweets, flowers, and breakfast in bed - all for only \$45.00 plus tax! What mom doesn't deserve that? Make her stay extra special with an upgrade to one of our jacuzzi suites for only \$25.00 more! Call ahead at 344-0204 for reservations. Offer valid through 05/31/04. (-6-13-20-27/4)

**SUMMER DRIVER'S TRAINING** and Road Testing for cars and motorcycles is offered by the Grayling Driver's Training School. Register Now for the June 14 class. Contact Howard Lehti 348-8838. (-LR6/10/2004/4)

**LET JJ'S MOTOR MALL** Get your car, truck or van ready for Spring. Detail includes wash, wax, steam clean carpets and seats, windows, trunk and tires. Appointments necessary. M-72 West (across from Skip's Sport Shop). (989) 348-7710 (1/1/04tf/4)

#### 7. Miscellaneous

### Crossword Answers



#### 8. Announcements

**YOU'RE INVITED TO AN OPEN HOUSE**

Help us celebrate \$1 million dollars of charitable community contributions made by the Great Lakes Energy People Fund

Sunday, May 16 from 2-4 p.m.  
Raven Hill Discovery Center, 04737 Fuller Rd.  
located between Boyne City and East Jordan

**Great Lakes ENERGY People Fund**  
Thanks A \$Million!

For more information, call 1-888-GT-Lakes, x1326

**DECK CLEANING & RESEALING** sidewalks and patios, too. Call JB Powerwash at 989-344-1412. (-29-6-13/4)

**ROOFING, ROOFING** and more roofing. Plus all kinds of carpenter work. Years of experience. Try and find a lower bid. All work guaranteed. Call today 989-348-5428. Cell 989-390-3774. (-05/06/04tf/4)

**KATZ CLEANING SERVICE** for all your residential or business cleaning needs. Steam cleaning of carpets and upholstery. Quality work at an affordable price with references, senior discounts. Call (989) 275-4236, (989) 390-0004 or (989) 275-5476. (12/25/03tf/4)

**LIBERTY LANDSCAPE & mow**er. Residential, commercial, free estimates, insured. Spring-fall clean-up, retaining walls, power washing, lawn maintenance, fertilizing. 989-614-7239 Jim, 989-614-1213 Derick. (-22-29-6-13/4)

**SEWING, ZIPPERS, MENDING,** quilter. Ask for Lorrie (989) 348-7299. (-13-20-27-3/4)

**CAREGIVER - HOUSEKEEPING** cooking and errands, Grayling area. Pam 344-1257. (-13/20/4)

**CHILD'S PLAY DAY CARE** now accepting children. Pat McLaughlin owner and certified elementary teacher. 348-4249. (-6-13-20-27/4)

#### 5. For Sale

### Kuk's Nursery

**Special U-Dig Sale**  
All Spruce or Birch any size  
YOU DIG - \$15.00 ea.  
We have hundreds of potted and balled trees and shrubs such as:  
Crimson Maple, Birch, Mountain Ash, Flowering Crab, Lilacs, Yew, Forsythia, Burning Bush, Spiraea and many others at low spring prices!  
Hours 9 - 5, closed Wednesdays  
Located 8 miles north of Roscommon on Old M-76 (S. Grayling Rd.). Northbound I-75 exit at 244, take marker, turn left 1-1/2 miles to biker, then right 3 miles on Old M-76 (S. Grayling Rd.). Southbound I-75 take 251 mile exit. Turn south on Old M-27 to the Moose Club then left on S. Grayling Rd. for 1-1/2 miles.  
989-275-8491

#### 8. Announcements

**SPRING CLEANUP** yard raking, tree and brush also rubbish removal. Call 348-5817 or 989-390-1526. (-22-29-6-13/4)

**QUALITY CONSTRUCTION** roofing, siding, decks, gutter systems. Also power washing. Licensed, free estimates 348-5817, 989-390-1526. (LR07/15/04/4)

**PRO-CUT LAWN SERVICE** top quality mowing, commercial and residential 348-9373. (-13/4)

**TOM'S POLE BUILDINGS** Free quotes on all size buildings. Featuring Ultra 2000 siding & roofing. 4050 Industrial Dr., Harrison, Michigan 1 (800) 541-3974 [tomspolebuildings.com](http://tomspolebuildings.com) (2/7/02tf/4)

#### 5. For Sale

**LIZARD FOR SALE** - Fat Tailed Leopard Gecko with tank, heat rock, water dish, etc. Friendly, low maintenance pet. \$100.00 821-5319 after 5pm. (-4/22/04tf/5)

**RUSTIC LOG FURNITURE** local maker has quality pieces available. Built to order. Lower overhead means lower prices to you. Call 348-6677. If no answer, please leave message. (3/4/04tf/5)

**FOR SALE:** Ruger Mini Thirty with scope and extra mags. \$375.00 348-4583. (-6-13/5)

**DRY OAK FIREWOOD** cut, split, ready to burn. \$50 per face cord, delivery available. Call Chris 989-348-1870 or 989-619-0912. (LR10/21/04/5)

#### 8. Announcements

### CHICKS WITH STICKS

Monday night golf league  
At the Grayling Country Club  
begins June 7th at 5:30 p.m.  
Call 348-5618

#### 4. Services Offered

**COMPLETE SEPTIC TANK**  
INSTALLATION & CLEANING  
Jack Millikin, Inc.  
348-8411  
[www.jackmillikininc.com](http://www.jackmillikininc.com)

**LAWN CARE AND SNOWPLOWING LLC**  
Call for a FREE ESTIMATE  
989-821-4932  
Mow & Trim  
Trim Shrubs  
Hedge  
Residential \* Commercial \* Industrial  
Spring Cleaning  
Landscaping  
Fertilizing  
Bark & Mulch

#### 5. For Sale

### 4. Services Offered

**Odd-Job Enterprises**  
Let us do your small home repairs  
FREE ESTIMATES - CALL  
LTC. Norm Schmoock (Ret.)  
348-5132  
[www.oddjob.com](http://www.oddjob.com)

No odd jobs too small for Odd Job

#### 5. For Sale

### CUSTOM UPHOLSTERY

Over 20 years experience

Choose fabric in your home

FREE estimates • Pick-up & delivery

Shirley Bolton (231) 258-2610

#### 5. For Sale

### A Fly Fishing Adventure

The Old AuSable Boat Company will continue the

tradition of building quality riverboats

New & Used Riverboats

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**NOVENA TO ST. JUDE** Oh Holy St. Jude, Apostle and Martyr, great in virtue, rich in miracle, near kinsman of Jesus Christ. Faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to who God has given such great power to come to my assistance. Help me in my present and urgent petition. In return, promise to make your name known and cause you to be invoked. Say three Our Fathers, three Hail Marys and Glories for nine consecutive days. Publication must be promised. St. Jude pray for us all who invoke your aid. Amen. (-13/9)

#### 10. Garage Sale

**GARAGE SALE** May 14 & 15 Friday 8 to 6, Saturday 8 to 3, 8 miles west of town off M-72. 15673 Riverview Road. Furniture, household, misc. (-13/10)

#### 10. Garage Sale

#### THURSDAY, MAY 13 THRU

Sunday, May 16 10-5. ATV, organ, kids toys and clothes, Ford trans. (302), lots of misc. 2387 Sandy Trail, 7 miles east of Grayling off M-72. (-13/10)

**HUGE GARAGE SALE** 124 Isenhauer May 14 - 15 (9-5). Lots of collectibles, glass (all colors), household, extension ladder, kids books and toys, Compaq computer, planer. (-13/10)

**GARAGE SALE** priced to sell - men & women's clothes, microwave, end tables, Huffy bike 22" 16 speed, tools, misc household. Saturday and Sunday. 1 1/2 miles out North Down River Road. Follow signs. (-13/10)

**3 FAMILY GARAGE** and antique sale. Tools, household misc, fishing gear, trunks, and lots more. Saturday and Sunday 5/15 and 5/16 8-5pm. 1698 Stephan Bridge Road (just north off M-72). (-13/10)

#### 10. Garage Sale

#### GARAGE SALE: Friday and Saturday, May 14 and 15 9 to 5.

Small wood table and 2 chairs, some outdoor gear, dishes, old wagon wheels and other miscellaneous items. 4894 Molly Lane - end of Roberts Road. (-13/10)

**ONE DAY ONLY** Friday, May 14th, 9am - 4pm. 851 Pine Oak Trail - 8/10ths of a mile down Jones Lake Road. Little Tykes items, toys, dresser, bunk bed, compound bow, windows, clothes, and lots of misc. items. (-13/10)

#### 11. Automotive

**GMC SONOMA** 1997 2wl, 6 cyl. 75,000 miles, automatic, air, cruise, CD player, tonneau cover. Comes with set of winter tires 1 1/2 years old. \$4850 or best offer. Call 348-3051. Leave message if N/A. (-6-13/11)

**1987 S15 JIMMY** new F/I 350/trans/31x10.50/4:11. Possi 2500.00 348-3904. (-13/11)

#### 10. Garage Sale

**1999 FORD TAURUS** - 4 door, runs good, all accessories work. Very good condition, lots of miles. \$2050.00 or try offer. 989-348-8850. (-13/11)

**FOR SALE:** 1982 Yamaha XJ550 motorcycle, 7500 miles, excellent condition, \$1200.00 989-348-2565. (-29-6-13/11)

#### 10. Garage Sale

#### 6th Annual Giant

#### Garage Sale

Rotary Club of Grayling

Saturday, May 22

9 to 5

Sunday, May 23

12 to 4

J.J.'s Motor Mall

M-72 West.

Jerry Gosnell at 348-5474.

#### 10. Garage Sale

## RUMMAGE SALE

**FRIDAY MAY 14 - 9 am to 5 pm**  
**SATURDAY MAY 15 - 9 am to 2 pm**  
**2 BAGS/\$1.00 SALE ON SAT - 12-2**

**Furniture - Housewares - Appliances - Clothing**  
**Men's & Women's 3 speed Bikes**  
**Lt. Oak King - size Headboard-New**

#### MT.HOPE LUTHERAN CHURCH

2 miles North of Grayling on Bus. Loop I-75 (Old 27) at M-93 (Hartwick Pines Rd.)

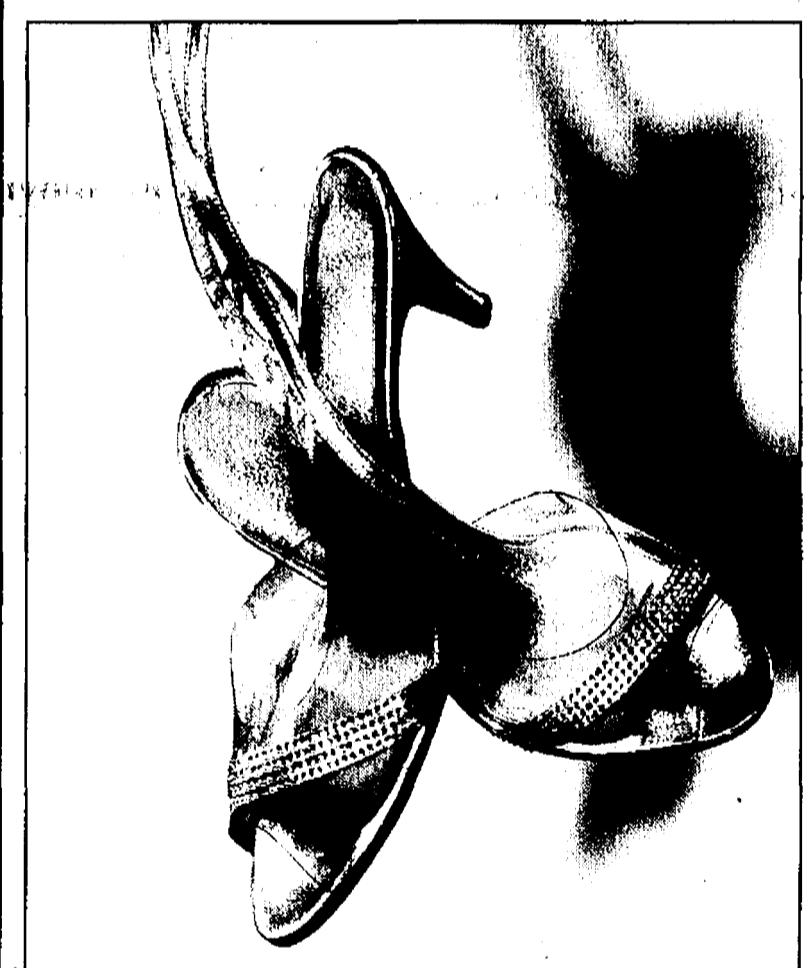
**Join our community Wide**  
**Baby-Preschooler**  
**Garage Sale!**  
**May 22, 2004**

**10-4**

**Call now to Reserve**  
**your Table**  
**348-9094**

**Sell your kids stuff!**

STRUGGLING TO FIND



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3. Employment  
4. Services Offered  
5. For Sale

6. Wanted

7. Miscellaneous

8. Announcements

9. Personals

10. Garage Sales

11. Automotive

**Minimum charge, \$5.00 for the first 15 words, 10¢ for each additional word. Please use as many words as you like, one word per box. Includes listing on the Avalanche Internet page.**

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|--------|--------|--------|--------|--------|--------|--------|
| \$5.00 | \$5.10 | \$5.20 | \$5.30 | \$5.40 | \$5.50 | \$5.60 |
| \$5.70 | \$5.80 | \$5.90 | \$6.00 | \$6.10 | \$6.20 | \$6.30 |
| \$6.40 | \$6.50 | \$6.60 | \$6.70 | \$6.80 | \$6.90 | \$7.00 |
| \$7.10 | \$7.20 | \$7.30 | \$7.40 | \$7.50 | \$7.60 | \$7.70 |
| \$7.80 | \$7.90 | \$8.00 | \$8.10 | \$8.20 | \$8.30 | \$8.40 |
| \$8.50 | \$8.60 | \$8.70 | \$8.80 | \$8.90 | \$9.00 | \$9.10 |

**CLASSIFIEDS MUST BE PAID IN ADVANCE BY TUESDAY NOON**

Page 13B -- AVALANCHE -- Thursday, May 13, 2004

#### LET JJ'S MOTOR MALL

**CHEVY ASTRO** 1998 69,000 miles, very good shape. 5,900 248-852-6043. (-13/11)

**ADVERTISING DEADLINES:** Regular Display - 1/2 to full page, 5 p.m. Thursday, All others

5 p.m. Friday. Classified Display - 12 noon Monday, Classified by the word - 12 noon Tuesday.

These deadlines may change with notice due to holidays or special publication.

#### 10. Garage Sale

#### 10. Garage Sale

## PUBLIC AUCTION

#### LIST OF FORFEITURE ITEMS

**Sunday, May 16 • Noon**  
**4848 N. Verity Ct., Sanford, MI**

**VEHICLES:** 1994 Mercury Marquis, 4 dr., sedan, light blue in color; 1994 Ford Probe, 2 dr., Kawasaki KX 250 dirt/bike, green in color; 2001 Kawasaki 80 motorcycle, green in color; 1983 Chevrolet Camaro, 2 dr., sedan, blue in color; 1998 Ford Escort Station Wagon, silver in color; Red Single Axle Snowmobile Trailer with winch.

**ELECTRONICS:** Sprint TP 2100 Dual Cellular Telephone, blue in color; Nokia Cellular Telephone, black & purple in color; Motorola Pager; Motorola Bravo Pager; Cellular Telephone (Unl. make), gray/white in color with charging cord; Radio Shack Dual Trunking 1000 Channel Desktop Scanner, black in color; Symphonie brand TV/VCR combo, 13" screen; JVC Band 36" Television, Model AV36050; RCA brand Television, Model F20352SF; Kicker Box containing Pioneer/Pyle Now Wave Speakers; X-Box Video Game; RCA DVD Player; High current Car Amplifier, silver in color; Sylvan Camera/Monitor, white in color; Two (2) Cerwin Vega Speakers, black in color; Two (2) KLH Speakers, black in color; Cerin Vega Center Kicker Speaker, brown/wood in color; 300 Watt Amplifier, blue in color; Magellan Spor Trak Global Positioning System (GPS); Hitachi DVD Player, black in color; RCA Video Receiver, black in color; Kenwood Stereo Receiver, black in color; One (1) Wooden Wall Clock; Aiwa CD Player; Optimus Video Receiver; Oritron DVD Player, black in color; Sony Web TV Terminal & Keyboard, black in color; PlayStation 2, black in color; RCA VCR, black in color; RCA Center Speaker, black in color; Dreamcast Saga Ultimate Gaming System; Kicker Speaker, black in color; Kenwood CD/AM/FM Car Radio; Clarion CD/AM/FM Radio; Pioneer CD/AM/FM Car Radio; Nintendo Game Cube, purple in color; One (1) Nintendo Cube Game; Eighteen (18) PlayStation 2 Games; Ten (10) X-Box Games; Six (6) Television/VCR Remote Control Units; Assortment of Electronic Wires; JL Audio Double Kicker Box Speaker, black in color; Toshiba VCR, black in color; Orion TV/VCR Combo; 13" Surveillance Monitor, Camera, Cord; Uniden 800 MHz Scanner; Micronia Power Supply, with Ext. Speaker.

**TOOLS:** Black & Decker Hand Saw, Black & Decker Hand Drill, All three in black canvas bag; Bolt Cutters with orange handles; Sock Set (Unl. brand) in black plastic case; Grip Motorcycle Jack; Redi Heater, 40,000 BTU, white/red in color; Craftsman 5 HP, 25 gallon Air Compressor; Campbell Hausfeld Air Compressor.

#### 11. Automotive

#### 11. Automotive

**NEW BRAKE SPECIAL**  
**AT SCHEER MOTORS**  
**FOR GM CARS AND TRUCKS**

**\* Most Models**

**Includes:**

- Front or Rear Brakes
- Quality GM DuraStop® Brake Pads & Shoes
- Limited Lifetime Warranty



**Only \$109.00**

**SCHEER**

**MOTORS**

**GM Goodwrench**

**GM**

Rotor and/or Drum machine work extra.

Hours: Mon. 8 to 8

Tues. - Fri. 7:30-5:30 • Sat 9-2

U.S. 27 NORTH • Grayling

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**We Will Beat Any Deal**  
**To Keep Your Business In Town!**



**Salesperson: Laurie Krey**

**and Customers: Dan & Ruth Stocker**

**Why we bought from Scheer Motors...**

"We bought our vehicle at Scheer Motors because Laurie helped us put together the best deal. She went out of her way to find the vehicle we wanted at the price we wanted to pay."

**Dan & Ruth Stocker**

**GM**

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**MOTORS**

**"Your Hometown Dealer"**

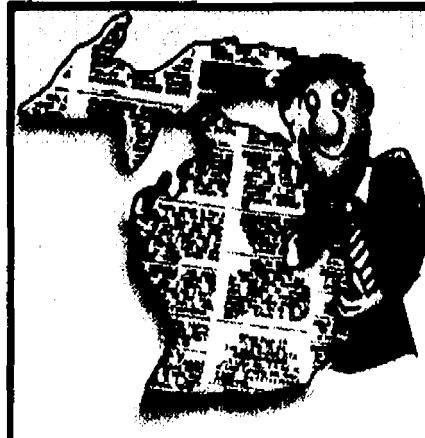
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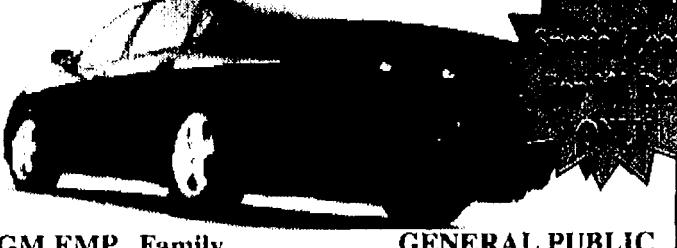
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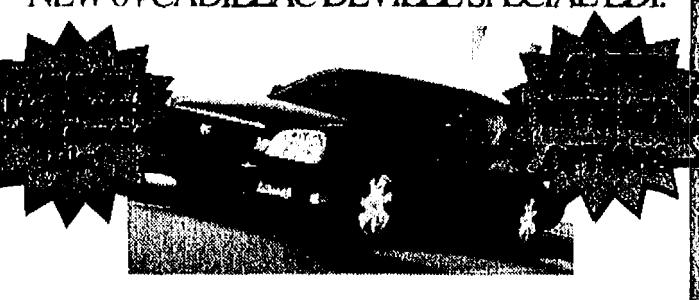
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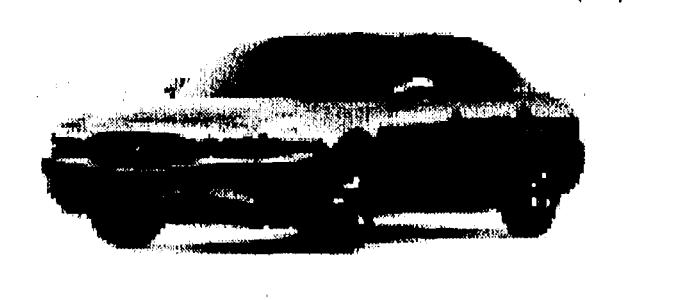
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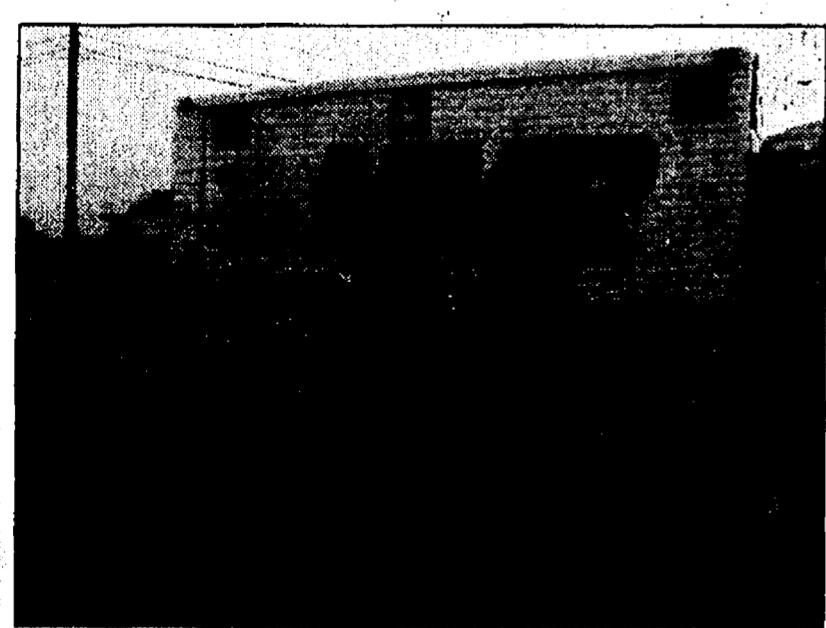
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# **Tips To Help You Get A Better Night's Sleep**

(NUI) - According to recent scientific studies, including those by the National Institutes of Health, more than 51 percent of Americans suffer from some form of insomnia, costing \$45 billion annually in lost productivity, health care bills, expenses and related traffic accidents.

Sleep specialists offer these recommendations for better sleep:

- Retire and rise on a timeline that deviates by no more than two hours every day, even on weekends.
- Put work aside two to three hours before bedtime.
- Relax in the evening with massage, meditation, yoga, soothing music or a warm bath.
- Use your bed for resting or sleeping - never for work, watching television or video games.
- Before bed, disengage your mind from problems, worries or unfinished chores.

• Dim lights two to three hours before bedtime and get out in bright sunshine as soon as you rise to help set your brain's inter-

nal clock to your sleep schedule.

If you are still having trouble sleeping, a better pillow could make all the difference. In fact, sleep experts say the quality of your pillow is just as important as the quality of your mattress.

More people are realizing that a proper pillow should not be overlooked when it comes to improving sleep, said Dan Schecter, vice president of sales and marketing for the Carpenter Co., a leading manufacturer of bedding products.

"Consumers are better informed and they're actively seeking an enhanced night's sleep," Schecter said. "We're seeing an increase in bed pillow sales, including the popular Isotonic line."

Is it time for a new pillow? Try this simple test: Lay your pillow over your forearm. If the pillow drapes, a replacement is in order.

When choosing a pillow, remember that one size does not fit all. The right pillow size for you depends on your height, weight, curvature of the spine

and proportions between the head and shoulder.

If you sleep in several positions, choose a flexible pillow that offers varying support levels.

Finally, look for adjustability. A pillow should adjust to your movements. The quality of the fill determines the pillow's level of adjustability, comfort and durability.

Polyester fiberfill should glide under your touch with a degree of slickness. Foam should be durable, breathable and responsive to the touch. Synthetic down pillows should resist fill shift and fluff easily, while the quality of natural down varies greatly.

Carpenter has the industry's only dedicated research lab which tests and approves not only its own products but others industry-wide. For more tips and the latest in sleep research and news, visit [www.sleepbetter.org](http://www.sleepbetter.org).

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# **Walk This Way: Better Health Is Just Steps Away**

(NUI) - If someone told you there is a way to exercise that doesn't require a pricy gym membership or athletic skill and is actually relaxing, what would you say? No doubt, the answer would be: "Sign me up!"

Walking is the most popular

form of exercise, but may be taken for granted since it is an act that many of us do each day without considering it an aerobic activity. However, the results of walking are physically rewarding - leading to a trimmer body and enhanced general health.

One of the wonderful aspects of starting a walking routine, known as exercise-walking, is that it can be done almost anywhere and at any time, regardless of the weather. You can walk to the store, in a mall, around your neighborhood, with your dog, with a group of friends or on your own. In addition, it is a great form of exercise for those who have a long history of inactivity, problems with obesity or who simply don't like strenuous activity.

Before you get started on your new walking routine, the American Podiatric Medical Association recommends finding sensible, comfortable walking shoes to ensure proper foot health. Wear thick, absorbent socks and footwear that is stable from side to side and well-cushioned. Since buying shoes is the only real monetary investment you need to make for your walking regimen, don't try to cut

costs. Buy your shoes for quality, comfort and fit.

If you are free of any serious health problems, then your walking routine is ready to hit the road immediately. The APMA suggests a checkup if you are over the age of 60, have a disease, disability or are taking medication. A medical exam is also recommended if you are 35 to 60, substantially overweight, easily fatigued, an excessive smoker or physically inactive.

The APMA has a few tips for getting started: Begin by taking 20 minute walks, moving at your own pace but brisk enough to make your heart beat faster. Walk with your head and back straight and stomach tight, keeping your legs out front and knees slightly bent.

As you're walking, try to land on the heel of your foot and roll forward to push off on the ball of your foot. Don't forget to cool down by stretching at the end of each session.

For more advice on starting a walking program and a list of shoes that have the APMA Seal of Acceptance, log on to [www.apma.org](http://www.apma.org).

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# How To Reduce Bad Stress, Live A Happier Life

(NUI) - Stressed out about stress? Don't fret. The good news is that although stress is unavoidable, you can take actions to maintain a healthy, positive attitude and lead a happy life.

No one is born with stress. All stressful responses are learned over time as a result of life experience. Just as people learn to respond to stress in a negative way, they also can learn to respond to it in a more positive and productive way.

Although most people think of stress in negative terms, there is both good and bad stress. Positive life experiences such as graduating from school or college, getting married, having a baby, moving to a new home and starting a new job also are sources of stress. Stress is a normal, natural and unavoidable part of life.

Good stress gives you energy, enthusiasm and excitement about a particular life event. Bad stress is harmful to your health. It makes you feel tired,

irritable, unhappy and overwhelmed by life.

To help you better balance the two and further reduce negative stress, here are some words of wisdom from the experts at BestSteps.com:

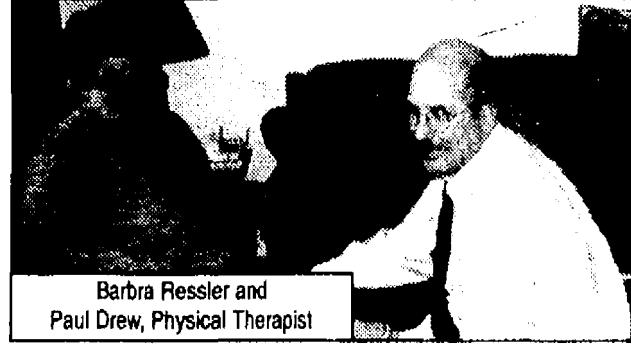
- Identify the people, situations and activities in your life that cause you stress. Think about what you can do immediately to begin alleviating the stress in these situations.
- Accept responsibility for everything you are and everything you will ever be. Do not dwell on the negative.
- Be willing to deal with reality as it is, not as you wish it could be.
- Remember that you can take control of everything that happens in your life by either stepping forward or walking away.
- Become so busy working on goals that are important to you that you don't have time to worry about stress.
- Set peace of mind as your highest goal. Organize your life

so that every part gives you a deep-down sense of peace and satisfaction. The ability to structure your life in a way that brings you true happiness is a hallmark of success.

For more advice, subscribe to BestSteps.com, an online collection of mini-seminars containing practical advice about success, relationships, communication, health and more. The Web site contains a wide selection of motivational materials from leading self-help authors, with specific steps you can take to help achieve your personal and professional goals.

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# Study Reveals Molds Pervasive In U.S. Homes

(NUI) — According to a recent study conducted by the University of Arizona, the molds most commonly linked to allergies and asthma are growing in every home in America, often in sites that are not routinely cleaned and disinfected.

"Mold flourishes in places that people do not tend to think about when cleaning," said Dr. Kelly Reynolds of the University of Arizona Environmental Research Laboratory, who led the study.

The seven-state study found mold most often on windowsills, in refrigerator seals, under kitchen sinks and on air vents.

Mold also was found at high levels in the bathroom, where people tend to concentrate cleaning efforts, suggesting more frequent and effective cleaning is necessary.

The study did not seek to determine the incidence of Stachybotrys — commonly

referred to as "hidden," "toxic" or "black" mold, which generally grows behind walls, under stairs or beneath ceiling tiles as the result of a water leak. Because of potentially serious health consequences, if the presence of Stachybotrys is suspected, the home should be checked immediately by a trained professional.

If not properly removed, even common molds can aggravate symptoms of allergies and asthma.

"If mold spores are deposited in the lining of the nose, they can cause hay fever-like symptoms, including sneezing, itching and congestion," said Bill McLin, executive director of the Asthma and Allergy Foundation of America. "If these spores reach the lungs, they have the potential to trigger asthma."

Mold enters the home through open doors and windows or on clothing, shoes and pets. Inside, mold can grow on virtually any surface when moisture is present.

According to AAFA, you can reduce mold growth throughout the home by:

- Keeping humidity below 40 percent.
- Using an air conditioner or dehumidifier during humid months.
- Making sure your home has

adequate ventilation.

- Drying any water leak within 24 hours.
- Removing carpet in bathrooms and basements.
- Disposing of moldy materials immediately.

• Cleaning hard surfaces regularly with mold-killing products. Allergy or asthma sufferers should ask nonsensitive people to apply cleaning products.

Solutions of soap and water may remove mold stains, but can leave mold spores behind. Those remaining spores, which are often invisible to the naked eye, can then quickly re-colonize. To decrease mold in homes, clean regularly with a product like Tilex Mold and Mildew Remover, which is proven to kill and remove 99.9 percent of common household molds.

Because of the potential sensitivities of allergy and asthma sufferers to cleaning products, cleaning should be done by a nonsensitive individual and the area should be allowed to ventilate before reentry. Always read and follow all precautions and usage directions before using cleaning products.

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Because of the potential sensitivities of allergy and asthma sufferers to cleaning products, cleaning should be done by a nonsensitive individual and the area should be allowed to ventilate before reentry. Always read and follow all precautions and usage directions before using cleaning products.

According to AAFA, you can reduce mold growth throughout the home by:

• Keeping humidity below 40 percent.

• Using an air conditioner or dehumidifier during humid months.

• Making sure your home has

virtually any surface when moisture is present.

According to AAFA, you can reduce mold growth throughout the home by:

• Keeping humidity below 40 percent.

• Using an air conditioner or dehumidifier during humid months.

• Making sure your home has

adequate ventilation.

• Drying any water leak within 24 hours.

• Removing carpet in bathrooms and basements.

• Disposing of moldy materials immediately.

• Cleaning hard surfaces regularly with mold-killing products. Allergy or asthma sufferers should ask nonsensitive people to apply cleaning products.

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# Are You At Risk For Stroke? Beat The Odds

(NUI) -- Every year, millions of Americans feel a racing heartbeat. This condition may be atrial fibrillation -- also called AF -- and it increases your risk for stroke by 500 percent.

AF is an irregular or racing heartbeat that can cause blood to collect in the heart and potentially form a clot, which can travel to the brain and cause a stroke or brain attack. More than 2 million Americans have AF.

Sixty-six-year-old Ray Tafolla of Denver, Colo., had an AF stroke last February. "I had never heard of atrial fibrillation. I have a hard time even pronouncing it," Tafolla said.

He isn't alone. More than one-third of patients with AF don't know they have it. When AF patients suffer strokes, more than 70 percent will die or have extreme permanent brain damage. But doctors estimate that three out of four AF-related strokes can be prevented.

Tafolla was watching television when his stroke hit. Within hours, he lost his ability to speak clearly and was paralyzed

on his left side.

In the hospital after his stroke, Tafolla could not move or speak. An avid golfer, the first thing he tried to tell the nurse was, "I have a tee time tomorrow so you can't hold me too long."

Tafolla was fortunate. His son got him to the hospital within three hours, enabling him to get tPA, a medication that breaks up clots and restores blood flow to the brain.

Unlike two-thirds of AF patients, Tafolla was put on anti-coagulants or blood thinners to reduce his risk of another stroke.

Tafolla was back on the links in a matter of weeks.

"AF is one of our most common risk factors for stroke, but also one of the most treatable," said Dr. Lawrence Brass, spokesman for the National Stroke Association and Yale neurologist. "New advances in research will hopefully provide even more options for safe, effective and convenient life-saving therapy to prevent AF-related strokes."

National Stroke Association

is launching "Beat the Odds," a new public education campaign to raise awareness about the dangers of AF and the importance of preventing AF-related strokes. "Beat the Odds" is supported by an educational grant from AstraZeneca.

Ask your doctor about the latest AF treatment and how you can prevent AF strokes. For more information, call the National Stroke Association at 1-800-STROKES or visit [www.stroke.org](http://www.stroke.org).

#### Symptoms of AF

- Heart palpitations.
- Sudden pounding or fluttering heartbeat.

- Racing sensation in the chest.

- Dizziness.
- Lightheadedness.
- Shortness of breath.

#### Symptoms of Stroke

- Sudden numbness.
- Sudden confusion or difficulty speaking.
- Sudden sight problems.
- Dizziness.
- Severe headache with no known cause.

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Kay Osowski

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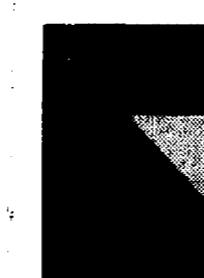


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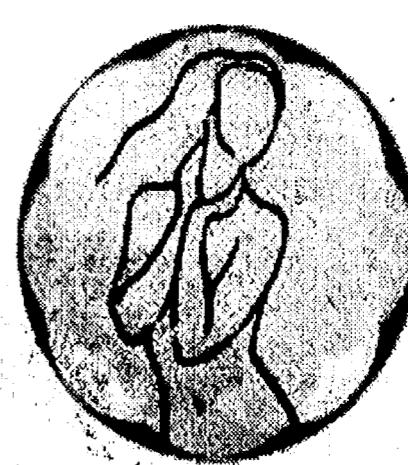
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Services include a clinical breast exam, mammography for women age 50-64, a pap smear and pelvic exam and referral if needed.



We would like to thank Curves of Manistee for their generous donation to this important women's health program. Curves donated a free month's membership for a drawing held in March.

**Carolyn Ward DiPonio,  
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## Five Tips To Keep Your Heart Healthy

By Dr. Decker Weiss  
For News USA

(NUI) -- An apple a day keeps the doctor away, or so they say. But what keeps the heart surgeon away?

Wouldn't you like to find out? Taking care of your heart is one of the most important things you can do to maintain good health, yet you probably don't think about it as much as you should.

Here are a few tips to help you keep your heart strong:

- Be active. Just like your other muscles, your heart needs a workout, too. Make sure to do some physical activity, such as jogging or walking, every day.
- Listen to your body. Be aware of changes in your body and don't be so quick to dismiss them as nuisances. For instance, recent research indicates that inflammation in your

gums, joints or digestive system could potentially be signaling something more serious and may impact your heart health.

- Do your best to reduce stress. While it is impossible to avoid negative stress altogether, the way you respond to stressful situations has an impact on your health. Stress raises your heart rate and blood pressure and stimulates your nervous system, causing your body to release stress hormones. High levels of these stress hormones can be damaging to your heart and blood vessels.

- Watch your blood pressure. It is important to maintain healthy blood pressure levels. Check your blood pressure and speak with your doctor about any increases or problems.

- Keep cholesterol levels normal. Fish oil can help maintain healthy cholesterol levels already within normal limits. Look for a good fish oil supplement high in healthy omega-3 fatty acids. You should also consider a garlic supplement. Garlic supplements, like Garlinase 4000, help maintain healthy cholesterol levels without giving you garlic breath.

- Shore up your diet. A poor diet can impact your overall

health, but more specifically, not getting enough of some key nutrients can impact your heart health. That's why it's important to make sure that you are taking the right mix of supplements to support optimal heart health.

Unfortunately, some supplements may interfere with prescriptions you may be taking, which is why Enzymatic Therapy has developed the Whole Heart Multivitamin specifically formulated for safe use with prescription medications.

The Whole Heart Multivitamin also delivers concentrated levels of key nutrients for exceptional heart health such as vitamins A, B, C and E, homocystine lowering B vitamins and heart-healthy antioxidants.

Enzymatic Therapy makes it simple for you to take good care of your heart and takes the worry out of taking supplements while you are on medication.

*Dr. Decker Weiss is a member of the Enzymatic Therapy Scientific Advisory Board and an expert in natural integrative cardiology.*

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# Steps To Attaining A Beautiful Smile

(NUI) - Some people possess beautiful, white teeth while others try but can't seem to achieve the same result. Believe it or not, the secrets to a great smile are simple steps that each and every one of us can take every day.

Here are some tips from the dental experts at Milestone Scientific on how to attain a confident, healthy smile:

- Take extra time to give your teeth the care they deserve. It takes two to three minutes to adequately brush your teeth. Most people spend less than 30 seconds brushing their teeth. Brushing your teeth effectively removes millions of bacteria that live in our mouths.

- Don't forget to floss. Flossing removes the bacteria that live in between the teeth that can not be reached with your toothbrush. There bacteria continue to feed on food left behind. Bacteria invade and destroy gum tissue as

well as the bones and ligaments that support teeth.

- Cut back on the sweets. It's not just the candy that is dangerous to your smile. Bacteria feed on sugar, which creates decay causing acid. Bacteria, however, not only use candy to create acid but can use any food which contains sugars and other carbohydrates. Saliva acts as a natural plaque fighting substance, so chew sugarless gum to help stimulate saliva flow.

- Stop brushing so hard. It takes very little pressure to remove bacteria, food and plaque. Unfortunately, most people apply three to four times the necessary pressure causing damage to teeth and gums.

- Make consistent trips to the dentist. Nearly half of the U.S. population experience some form of anxiety when visiting the dentist. But technological advances have created less painful, more

efficient dental care. For example, Milestone Scientific, Inc., has developed a product called The Wand, which delivers a droplet of anesthesia to the injection site before the needle enters the tissue. This eliminates the pricking sensation so many patients dread. When advanced slowly, the drops of solution anesthetize the tissue ahead of the needle, thereby yielding a virtually painless needle insertion.

- Reduce coffee intake. Coffee and tea stain your teeth and destroy your natural smile. Plus, drinking hot coffee causes small fractures in teeth called crazes. Crazes occur when teeth are forced to expand and contract as a result of being exposed to hot foods or liquids.

To learn more about how to get a confident, healthy smile, visit [www.thewand.com](http://www.thewand.com).

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## Warm Weather Is Here; Are You In Shape?

(NUI) - Do you panic at the thought of wearing shorts and T-shirts? Has your swimsuit gotten smaller since last year?

No matter what the season, it's never too early or too late to tone up. Here are a few simple weight-loss tips to help you get in shape:

- Eat slowly. Concentrate on each bite and put down the fork throughout your meal. This technique keeps you focused on how much you are eating. Keep portions small. Use a smaller plate so it appears that you have more to eat.

- Eat more meals. Eat four or five smaller meals instead of two or three large meals. Spreading out your meals will keep you from being hungry throughout the day.

- Choose dense foods. Dense foods, like grains, make you feel full in a short amount of time. Thus, you will be less tempted to overeat.

- Make "temptation" foods inconvenient. Put desserts in the freezer so it will be too much trouble to thaw them out to eat quickly - putting off the decision to eat them at all. Remember that fast foods are typically also "fat" foods.

- Watch the liquid calories. Avoid sodas, juices and other drinks that are loaded with sugar. A can of regular soda, for example, can contain 140 calories or more. Consuming just 100 fewer calories a day might help you lose 10 pounds in a year.

- Beware of hidden sugar. You

know cookies, doughnuts and pies contain sugar. But sugar is also added to foods like spaghetti sauce, salad dressing and canned soups. Read labels carefully.

- Work out with a friend. It is easier to stay focused on your weight loss goal if you have others around you with the same goal. Try daily bike rides, organize a walking group, take a fitness class - get outside! Remember to drink plenty of water.

- Seek expert advice. Your doctor or dietitian can help you identify the best options for safe weight loss. Some people find supplements helpful.

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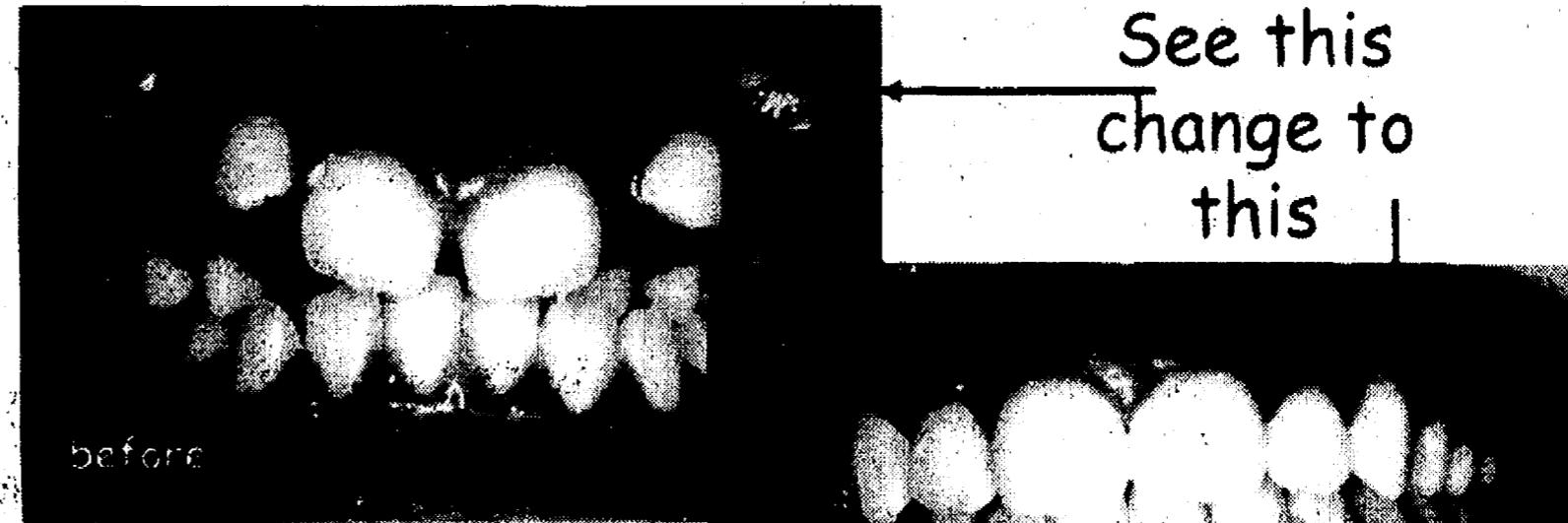
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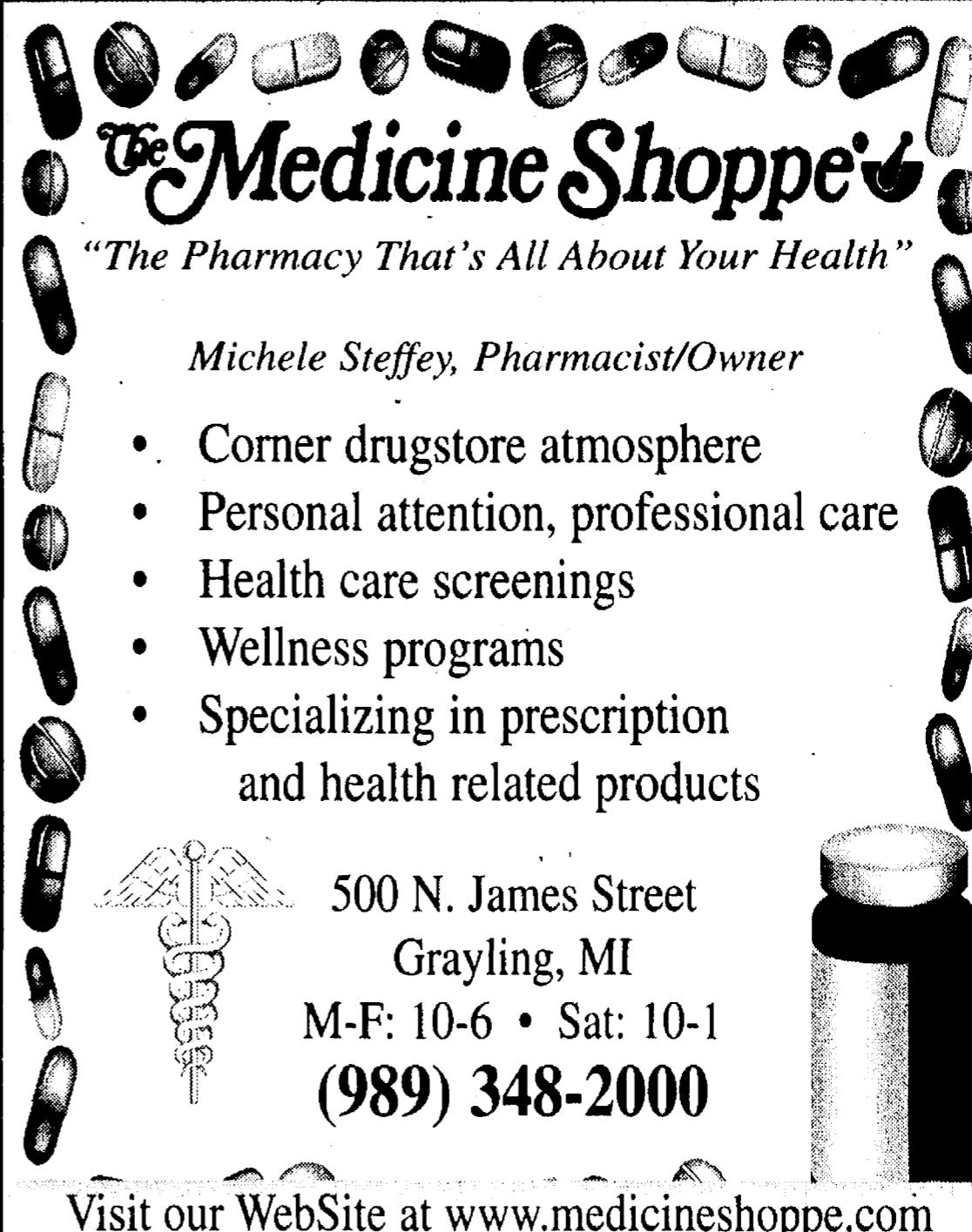
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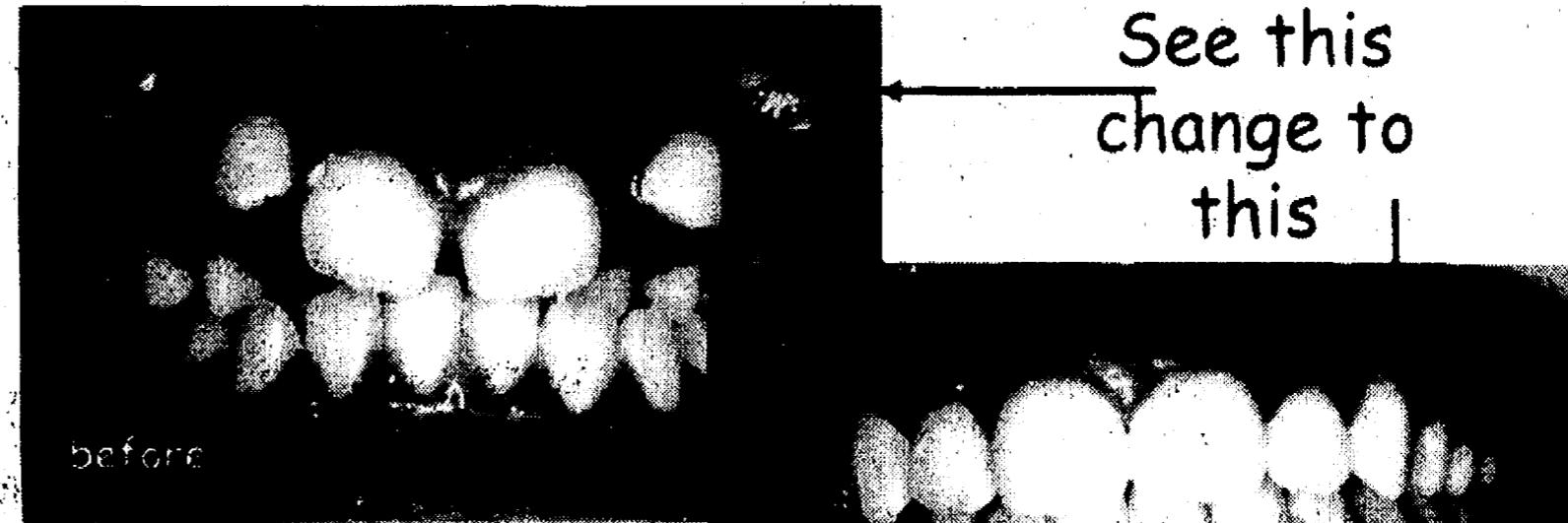
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(NUI) -- Diagnosed with depression at the age of 35, Candace (to protect her privacy, only her first name is used) thought she was on the road to recovery. After months of taking an antidepressant prescribed by her family doctor, Candace was beginning to enjoy hobbies again. She also noticed that she wasn't crying as much anymore. Yet she still had vague aches and pains and often an upset stomach that wouldn't go away.

Candace was surprised to learn that these physical symptoms were linked to her depression. Her doctor told her that her aches and pains, as well as stomach problems, were preventing her from getting completely well and increasing her chances of getting depressed again.

Unfortunately, she is not alone. As many as 70 percent of depressed patients that visit their family doctor have physical symptoms. Recently, several depression experts gathered to talk about why so many patients with depression do not get com-

pletely better.

#### Defining Recovery

Successful recovery means something different to each patient. For example, some patients may think they are fully recovered when they are able to stop crying frequently or return to work and pay their bills. Other patients may feel that they have recovered when they can maintain close relationships with their loved ones.

The patient and doctor should form a partnership and discuss goals of treatment, said Dr. Stephen Stahl, a psychiatrist at the University of California at San Diego.

Painful physical symptoms of depression, such as an upset stomach or back pain, can linger even after the emotional symptoms have disappeared, which makes a complete recovery harder to achieve.

"New research has shown us that patients have the best chances of recovery if both their emotional and physical symptoms are treated," Stahl said. "Many people don't realize that depression is more than just sadness and when we don't treat it as a whole body illness, the results won't be as good."

#### More Than Sadness

Mary Guardino, executive director of Freedom From Fear, a national mental health advocacy organization, noted that depression is a disease that comes and goes.

"Sometimes the physical

symptoms mask the emotional symptoms. Other times, the emotional symptoms may be more troublesome," she said. "While the physical and emotional symptoms of depression are connected, the good news is that they can both be treated."

Current medical research on depression suggests that by increasing the levels of serotonin and norepinephrine simultaneously, the impact of both emotional and physical symptoms of depression on patients may be lessened.

"The goal for recovery should be to treat and improve the full range of symptoms," Stahl said. "Depression is a treatable illness. If your medication isn't helping you get better, talk to your health care provider about other options that can get you completely well."

During an office visit, discuss these questions with your doctor:

- Is your sadness preventing you from doing what you like to do?
- What is making you the most sad?
- How do you feel emotionally and physically when you are feeling low?
- What does "getting better" mean to you?

For a free brochure about depression, call 1-800-475-MICH. For more information about depression, log on to:

[www.freedomfromfear.org](http://www.freedomfromfear.org)  
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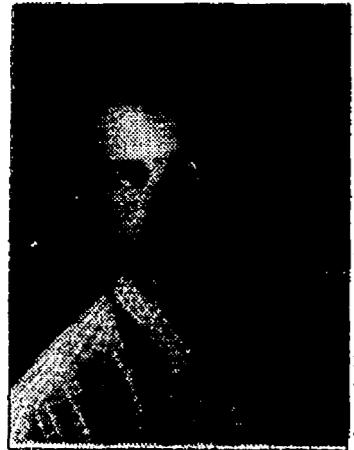
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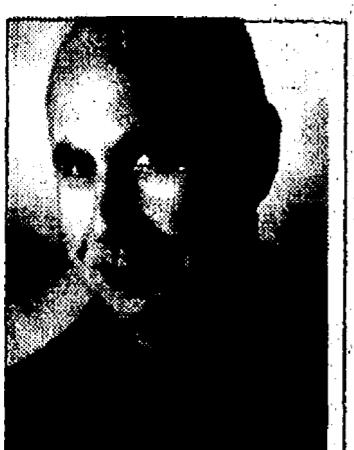
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# Depression: Finding The Road To Recovery

symptoms mask the emotional symptoms. Other times, the emotional symptoms may be more troublesome," she said. "While the physical and emotional symptoms of depression are connected, the good news is that they can both be treated."

Current medical research on depression suggests that by increasing the levels of serotonin and norepinephrine simultaneously, the impact of both emotional and physical symptoms of depression on patients may be lessened.

"The goal for recovery should be to treat and improve the full range of symptoms," Stahl said. "Depression is a treatable illness. If your medication isn't helping you get better, talk to your health care provider about other options that can get you completely well."

During an office visit, discuss these questions with your doctor:

- Is your sadness preventing you from doing what you like to do?
- What is making you the most sad?
- How do you feel emotionally and physically when you are feeling low?
- What does "getting better" mean to you?

For a free brochure about depression, call 1-800-475-MICH. For more information about depression, log on to:

[www.freedomfromfear.org](http://www.freedomfromfear.org)  
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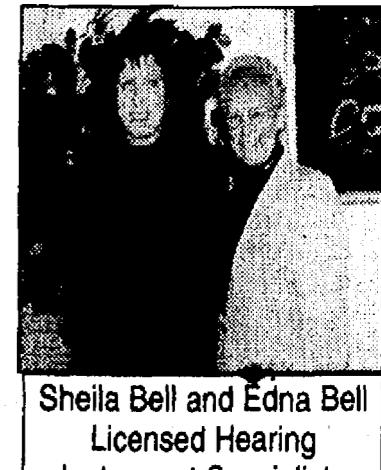
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